

A real passion for horses

UK's BEST-SELLING
EQUESTRIAN MONTHLY

Horse AND Rider

horseandrideruk.com SPRING 2015

HAVE A HAPPY HACK

Solve spooking
and napping

RIDING
CONFIDENCE
Banish competition nerves

TRIED  TESTED

GLOVES FOR ALL OCCASIONS

FITNESS PLAN!

Get your horse ready for the season

WIN!
ARIAT
BOOTS

NEW SERIES!

WIN IN THE
SHOW RING
with Lynn Russell

FANCY FOOTWORK

Flatwork tips from
eventer Izzy Taylor



► Horsey apps you
need to download now!

► Understanding
metabolic syndrome

► Sweet itch explained – plus
management and prevention tips



By Appointment to Her Majesty The Queen,
Horse Feed Manufacturers,
Dengie Crops Ltd, Essex

Dengie

£2 OFF*

Devoted to... **healthy hooves**

"Dengie Healthy Hooves Molasses Free is the perfect feed for Jake. It's low in calories, sugar and starch which helps me to manage his waistline and it has all the essential vitamins and minerals he needs to stay healthy and happy."
Emma Williams



No Added Sugar / Packed with Biotin
Low in Starch, Low in Calories

Contains just 2.5% sugar, which is found naturally within the fibre ingredients. Low in starch too, at just 1.5%, making it perfect for horses and ponies prone to laminitis.



www.dengie.com



/DengieHorseFeeds



@DengieHorseFeed

Contact **0845 345 5115** for friendly advice on the Dengie Feedline

*Dengie Healthy Hooves Molasses Free £2 off promotional bales only. Offer not to be used in conjunction with any other promotion. Subject to availability, while stocks last at participating retailers.

Welcome *meet the team*



Editor Louise Kittle started riding aged six. She's a qualified BHS IntSM and owns Ted, a four-year-old Irish gelding. Ted is just beginning his ridden career, and Louise hopes he'll make a great all-rounder when he finishes growing!

Editor's letter

Welcome to the Spring issue of *Horse&Rider*. If, like me, you need to **build your horse's fitness** this spring, then don't miss the last in our current series with Olympic event rider Brook Staples. Turn to p24 to read his guide to fittening your horse this season. Hacking is an essential part of any fitness plan, but it can feel less of a pleasure and more of a chore if your horse is prone to spooking or napping. As part of his series with *Horse&Rider*, Jason Webb explains how to **solve your hacking problems** on p50. We also take a look at two really distressing veterinary conditions – **sweet itch** and **equine metabolic syndrome**. If you have a horse who suffers from either of these, you really can't afford to miss the excellent features on p76 and p81. The good news is that there are ways to manage and improve the prospects of horses with either condition, and our expert vets have excellent advice for this. I hope you enjoy this issue and I'll see you again in April *Horse&Rider*.

Louise

Céleste Wilkins

Staff Writer

Says: "Winter hacking often means roadwork. And there's plenty to spook your horse when you venture out of the security of the arena – especially if there's a cold wind whipping up under his tail. Don't miss Jason Webb's techniques to make hacking fun, and eliminate spooking and napping (p50)."

Follow Céleste
on Twitter
@hr_insider



Kate Hammaren

Contributing Editor

Says: "If your first thought on seeing a one-eyed horse is 'poor chap, that's his career over', then, as I learned this issue, you couldn't be more wrong. In fact, one-eyed horses have reached the very top of their discipline in showjumping, dressage, eventing and racing. Read about them on p14."

Lucy Turner

Assistant Editor

Says: "Ever get the feeling that you're the only one freaking out at shows, while everyone else is riding around effortlessly? I've certainly been there and so has Nichola, our model in our feature 'Riding – it's all in the mind' on p56. Read on for some great ways to keep your cool at competitions."

Follow Lucy on Twitter
@horseandrideruk



“The best way to teach your horse to cope with distractions is by recreating them at home”



Says Izzy Taylor in 'Izzy Taylor's flatwork secrets', on p30.

Discover our team's wealth of horsey experience at **horseandrideruk.com**

► EDITORIAL

Editor Louise Kittle
Assistant Editor Lucy Turner
Staff Writer Céleste Wilkins
Contributing Editors Alison Bridge,
Kate Hammaren

► ART

Art Editor Sarah Garland
Designer Adam Witt

► ADVERTISING & MARKETING

Group Advertising Manager Abi Cannon
Advertising and Promotions Manager
Amanda Grainger
Account Manager Sammy Backstrom
Sales Executive Victoria Howe,
Freda Jackson
Marketing Manager Zoe Cannon
Marketing Co-ordinator Alison Hill
Senior Marketing Assistant Gemma O'Neil
Marketing Assistants Victoria Rea,
Sophie Rigby
Production Manager Ben Harris

► PUBLISHING

Accounts Peggy Ainsworth, Sarah Smith
Office Manager Vicki Owen
Commercial Director
Marion O'Sullivan MBE
Publishing Director Terry Grimwood
Deputy Managing Directors
Andrea Moffatt, Steve Moore
Managing Director Kate Austin

► BACK ISSUES

Single copy UK £5.73, Europe £6.99,
ROW £7.62

► SUBSCRIPTIONS

Phone ☎ 01795 412893
Email horseandrider@servicehelpline.co.uk
Online horseandrideruk.com
Post *Horse&Rider* Subscriptions,
FREEPOST RSHK-TULJ-ABJR, Sittingbourne,
Kent ME9 8GU.
Annual subscriptions:
UK £51.87
Europe £77.48
Rest of World £86.47
UK sterling

Shortlisted Awards 2011
Consumer
Magazine
of the Year



Horse&Rider, D J Murphy (Publishers) Ltd, Marlborough House, Headley Road, Grayshott, Surrey GU26 6LG
☎ 01428 601020 fax 01428 601030 email djm@djmurphy.co.uk website horseandrideruk.com



Spring 2015 Contents

30



Regulars

- 6 Horseworld** News, views and the gorgeous Budweiser Clydesdales
- 14 One eye, all heart** Amazing horses who have lost an eye but are still winners
- 21 Share, write, tweet** Have your say here
- 80 What's on the Web?** @horseandrideruk.com
- 104 Subscribe to H&R** and receive a gorgeous Townend polo shirt
- 144 Competition entries** One form for all prizes
- 145 Next month** What's inside April H&R?
- 146 My life with horses** The busy life of a riding club committee member

In the saddle

- 24 Get fit for the season** Olympic eventer Brook Staples shows you how
- 30 Fancy footwork with Izzy Taylor** Flatwork tips for a balanced, responsive horse
- 38 The perfect centre line** Make a good impression on the dressage judge
- 40 Perfect position** Simple tips to refine your jumping position
- 44 Time to move on** Top trainers share four easy exercises to get your horse in front of the leg

Mind matters

- 50 Have a happy hack** Jason Webb helps you handle spooking and napping – and how to tell the difference
- 56 Riding confidence** How to relax and enjoy competing with your horse

Competitions

- 48 WIN!** Fabulous Ariat Challenge paddock boots

- 134 Perfect prizes!** Up for grabs

144
Enter our
competitions
on one
form



Ask the experts

- 64 Horse management**
 - Feeding at weekends
 - What's a blue roan?
 - Sewage on my field
- 66 Mind matters**
 - Flapping lower lip
 - Nervous riding
 - Pat or scratch?
- 68 Veterinary matters**
 - Kissing spines
 - Coughing when ridden
 - Riding on bute
- 70 Horsey shopping**
 - New hat standards
 - Hoof repair • Growing-out coats
- 72 Riding technique**
 - Little time to ride
 - Nervous getting on
 - Napping in the school
- 74 In brief** • Girth strap facts • Icelandic paces



Cover stories

Horse&Rider
A real passion for horses
UK's BEST-SELLING EQUESTRIAN MONTHLY

WIN! ARIAT BOOTS

HAVE A HAPPY HACK
Solve spooking and napping

NEW SERIES! WIN IN THE SHOW RING
with Lynn Russell

FANCY FOOTWORK
Flatwork tips from eventer Izzy Taylor

RIDING CONFIDENCE
Banish competition nerves

TRIED AND TESTED
GLOVES FOR ALL OCCASIONS

FITNESS PLAN!
Get your horse ready for the season

▶ Horsey apps you need to download now! | ▶ Understanding metabolic syndrome | ▶ Sweet itch explained – plus management and prevention tips

50 → 48 → 86 → 30 →

↑ 120 ↑ 81 ↑ 76

Ask a vet

- 76 Sweet itch explained**
Keep your horse scratch-free with our veterinary guide, plus management and prevention tips
- 81 Equine metabolic syndrome and insulin resistance**
An in-depth explanation of these obesity-related diseases

Management know-how

- 95 Pasture planning**
Part 2 – complete your year of perfect paddocks with field care advice for July to December
- 100 Feeding first**
Make sure your horse is receiving all the nutrients he needs
- 106 Let's make babies!**
21st Century breeding practice, including AI, embryo transfer and humane handling
- 112 Wellbeing news**
- Omega-3 helps horses with breathing problems
 - In eyesight tests, 68% of horses have perfect vision
 - Human therapy could offer relief for headshakers

Horsey shopping

- 114 Gloves for all occasions**
20 pairs of essential riding kit tried and tested
- 120 Horsey apps**
from schooling to tracking hacks, 15 apps every horse person needs
- 122 Rider beauty advice**
Hair, skin and hand care – specially for horse people
- 128 Get out and about**
Great charity events to attend and help raise money for horses in need
- 131 This month we love...**
Beautiful belts, bags and jackets, new, improved feeds, high-tech synthetic stirrups in eight colours!

Directory

- 136 Horses for sale**
Find the horse of your dreams here and in our huge selection at horseandrideruk.com
- 138 Houses for sale**
Want to keep your horse at home? Here's the perfect place!
- 139 Horse&Rider directory**
Find what you want, from insurance to riding holidays, in our classified ads

86

Show stoppers

Discover the secrets of winning turnout with show star Lynn Russell

Horse world



An American institution

On 7 April 1933, the clatter of hooves could be heard in New York City. Six Clydesdales pulling a beer wagon clattered down to the Empire State Building, symbolising the end of Prohibition (a 13-year ban on alcohol in the USA). The display moved onlookers to tears. The Budweiser Clydesdales have since inspired audiences all over the USA and have appeared in numerous television advertisements, including a particularly moving patriotic tribute following the tragic events of 9/11.



Ambleside

WINNER



Chief

RUNNER-UP



RUNNER-UP



Domino



Britain's Greatest Horse

The search for Britain's Greatest Horse, in conjunction with Keeping Britain's Horses Healthy, has concluded. Many entries were received, but one clear winner stood out – 23-year-old Ambleside, an ex-racehorse who has patiently taught many people to ride. His owner, Janette Murch, says: "I'm so pleased for him. Ambleside is a great horse and he deserved to win. I can't explain how much he means to me. He has looked after me so much and showed so much patience when I was learning to ride again after a broken pelvis. I love him so much and would be lost without him. There will never be another Ambleside."

Ambleside will win more than £3,000-worth of prizes, including a full wardrobe of bespoke Jeffries tack, Baileys horse feed, Horse of the Year Show tickets and a year's subscription to *Horse&Rider*.

Two runners-up will receive Baileys horse feed and a six-month subscription to *Horse&Rider*. Natalie King's Domino and Chloe Byrne's Chief were the deserving runners-up. Chief is Chloe's "dream horse and best friend" and Natalie's Domino has "taught a countless number of children and adults to ride while on loan to a riding school, and has been loaned to RDA centres".



Horse world WINNER, WINNER!

Crack open the champers for these red ribbon winners



THE BRITISH UNIVERSITY EQUESTRIAN TEAM

Lauren Innes, Lottie Kennedy and Jess Campbell took team gold in the AIEC Student Riding World Finals in Wellington, Florida, with Lauren bagging individual silver. Steph Gunn won team silver on a mixed international team in the silver league.

Happy birthday, Orchid!

A rescue horse may be the oldest living horse in the UK. Orchid, an Anglo Arab mare, celebrated her 49th birthday in January. She arrived at Remus Memorial Horse Sanctuary in Brentwood, Essex, two years ago, completely emaciated. She's now recovered and, despite being completely blind, still enjoys a gallop around her field. The horse sanctuary has a history of nurturing horses into old age. Previous resident and record-holder, Shayne, lived to the ripe age of 51.



New look for British insurance broker

The new year brought a new look for a popular British equestrian insurance broker. South Essex Insurance Brokers is now known as SEIB Insurance Brokers, reflecting the fact that SEIB is a national company that provides insurance throughout the UK and also places business internationally. Equestrian insurance is the cornerstone of the business and it provides member benefits for the British Horse Society, World Horse Welfare, British Showjumping and Arab Horse Society, and insures Redwings.



Shire Society logs on to new website

Lovers of heavy horses have a new online resource – the Shire Horse Society has updated its website with a fresh new look and lots of information about the iconic British draught breed. There's lots of information about upcoming events, the history of the breed and how to get involved to save the Shire from extinction. What's more, there's a web shop selling great Shire-themed products.

shire-horse.org.uk



It's hit the fan

An American company is making a profit from muck heaps. Shit Express is a start-up company specialising in sending boxes of equine manure to nominated recipients for a small fee. The company has made more than \$10,000 (about £6,590) in its first month of trading. The manure is shipped free of charge worldwide and packaged in a way that ensures it arrives fresh. So far, manure has been delivered to 36 countries – no doubt puzzling border officials. What's more, you can even personalise the packaging. It's a hit!



Pride of Britain

British riders started 2015 with a bang, nabbing the top spot on the FEI World Ranking in all three Olympic disciplines. Scott Brash remains in pole position on the showjumping rankings for the 13th month. Charlotte Dujardin has held her position since mid-2012 in the dressage rankings. William Fox-Pitt rang in 2015 as number one in eventing, leading by more than 80 points.



RDA VOLUNTEER ANGELA DOUGHTY

She was awarded an MBE for her work founding the Wilby RDA in Northamptonshire with her homebred ponies.

★ ★ ★ Rate H&R and win!

Rate H&R and you could win a **Mountain Horse Crew jacket**, worth £89.95!

Visit tinyurl.com/RateSpring15 to give our features a star rating, and one lucky reader will take home this versatile, lightweight and waterproof fleece-lined jacket, ideal for all-year-round wear. Combining practical features with style, it's designed for in the saddle and on the yard. Colour may vary. mountainhorse.co.uk

Happy birthday, Orchid!

A rescue horse may be the oldest living horse in the UK. Orchid, an Anglo Arab mare, celebrated her 49th birthday in January. She arrived at Remus Memorial Horse Sanctuary in Brentwood, Essex, two years ago, completely emaciated. She's now recovered and, despite being completely blind, still enjoys a gallop around her field. The horse sanctuary has a history of nurturing horses into old age. Previous resident and record-holder, Shayne, lived to the ripe age of 51.



New look for British insurance broker

The new year brought a new look for a popular British equestrian insurance broker. South Essex Insurance Brokers is now known as SEIB Insurance Brokers, reflecting the fact that SEIB is a national company that provides insurance throughout the UK and also places business internationally. Equestrian insurance is the cornerstone of the business and it provides member benefits for the British Horse Society, World Horse Welfare, British Showjumping and Arab Horse Society, and insures Redwings.



Shire Society logs on to new website

Lovers of heavy horses have a new online resource – the Shire Horse Society has updated its website with a fresh new look and lots of information about the iconic British draught breed. There's lots of information about upcoming events, the history of the breed and how to get involved to save the Shire from extinction. What's more, there's a web shop selling great Shire-themed products.

shire-horse.org.uk



It's hit the fan

An American company is making a profit from muck heaps. Shit Express is a start-up company specialising in sending boxes of equine manure to nominated recipients for a small fee. The company has made more than \$10,000 (about £6,590) in its first month of trading. The manure is shipped free of charge worldwide and packaged in a way that ensures it arrives fresh. So far, manure has been delivered to 36 countries – no doubt puzzling border officials. What's more, you can even personalise the packaging. It's a hit!



Pride of Britain

British riders started 2015 with a bang, nabbing the top spot on the FEI World Ranking in all three Olympic disciplines. Scott Brash remains in pole position on the showjumping rankings for the 13th month. Charlotte Dujardin has held her position since mid-2012 in the dressage rankings. William Fox-Pitt rang in 2015 as number one in eventing, leading by more than 80 points.



RDA VOLUNTEER ANGELA DOUGHTY

She was awarded an MBE for her work founding the Wilby RDA in Northamptonshire with her homebred ponies.

★ ★ ★ Rate H&R and win!

Rate H&R and you could win a **Mountain Horse Crew jacket**, worth £89.95!

Visit tinyurl.com/RateSpring15 to give our features a star rating, and one lucky reader will take home this versatile, lightweight and waterproof fleece-lined jacket, ideal for all-year-round wear. Combining practical features with style, it's designed for in the saddle and on the yard. Colour may vary. mountainhorse.co.uk

➔ Get out on the hunt

If you're an adrenaline junkie, hunting may be your calling. Gallop alongside the hounds, jumping whatever's in your path. Of course, there are non-jumping groups and opportunities to follow on foot, too. Find your local pack and contact the Hunt Secretary to get involved. For more information, visit mfha.org.uk

➔ Pitch in at an event

Get behind-the-scenes at British Eventing fixtures as a volunteer. There are many roles available and they can play to your strengths, too. If you have neat handwriting and want to learn more about flatwork, dressage writing may be your calling. If you're a keen cross-country fan, fence judging may suit you. Whatever your talent, there are opportunities in British Eventing – just join the British Eventing Volunteer Database on their website. For more information, visit britisheventing.com or contact the event that you wish to volunteer for directly.



➔ Get on your board

Horseboarding is growing in popularity in the UK, and with a well-run association organising clinics, competitions and social events, it's easy to get involved. Visit horseboardinguk.org to get started, learn the rules and find a Horseboarding UK event near you.

➔ Are you game?

Not just for children, mounted games is a fun discipline where riders compete in teams or pairs, or as individuals. There is a variety of games ranging from pure speed races to accuracy tests. The best way to get involved is to join a county team. Find your county representative on the Mounted Games Association of Great Britain website, mgagb.co.uk



EDWARD GILLESPIE

The former Managing Director of Prestbury Park, the site of Cheltenham Racecourse, was awarded an OBE for his services to racing.

RDA VOLUNTEER PATRICIA DOBBIN

She was awarded an MBE for her services to children with special needs through the RDA.



ARIAT

Inspiration of the month

Sarah Barnett says horses have changed her friend Elle's life for the better

Elle had always been a nervous person, extremely depressed, lacking self-confidence and negative about every aspect of her life. She couldn't take public transport alone or drive anywhere without company.

She was nervous around horses and lacked passion for almost everything.

At university, she used to talk about wanting to start riding again and she had dreams of eventually competing, however, due to her mental state, I did not take what she was saying seriously.

Upon finishing university, she decided to go for it and face her fears. She began doing her levels 1-7 in horse care and stable management at Horse World with Bev Griffiths and I cannot

believe the change I've seen in her.

My friend – the girl who was afraid of everything – is no longer nervous.

I have seen her approach a horse with confidence, put a headcollar on and lead him. She has driven to the yard by herself and used any means of public transport necessary to make it on time if the car wasn't available. She has been there every day since she started, rain or shine. She is no longer depressed and every word she speaks is full of positivity. Bev has done a wonderful job with her.

She is living proof that when you face your fears anything is possible. She's truly an inspiration and deserves this award.



Tell us why your horsey inspiration deserves this award, and they could win Ariat Olympia breeches and a Team Waterproof jacket, worth £255! Send a clear photo, SAE for its return, and contact details for you and your inspiration, to:

Ariat Inspiration of the Month, *Horse&Rider*, Marlborough House, Headley Road, Grayshott, Surrey GU26 6LG,

or email georgia@djmurphy.co.uk

For full terms and conditions, visit horseandridercompetitions.co.uk



For information on Ariat products ☎ 0845 600 3209, ariat-europe.com or email info@ariat-europe.com



What's on TV for horse lovers

Tune in to **Horse&Country TV** this Spring on Sky 258 or online at everwhere.horseandcountry.tv. Meet Hickstead Derby winner Phillip Miller in **Yard Talk and H&C Masterclass: Philip Miller**. Watch showjumping from **FEI Nations Cup, Longines Hong Kong Masters, Saut Hermès and Grand Prix Hermès**. The **World Dressage Masters** series continues and don't miss the **Badminton 2015 Course Walk**. Enjoy **Living the Wildlife**, showcasing Ireland's stunning landscape and wildlife. For complete listings, visit horseandcountry.tv



Tweet box

Find out what our favourite horsey people are saying on Twitter this month

@OakeleyDressage
(British dressage rider Olivia Oakeley)
"#kissagingerday"



@WatsonEventing
(BBC Radio 2 personality, Sara Cox)
"So my eldest had her first riding lesson today. I somehow resisted being an annoying horsey mum shouting instructions/encouragements from the side."

@CAUpdates
(The Countryside Alliance)
"If you ever needed a photo of a stag jumping a fence like it's in the Grand National, @wilddeerireland provides."



@DonkeySanctuary
(The Donkey Sanctuary)
"Beautiful snowy scene at our Irish Sanctuary this morning."



*Extra*Flexibility*for*

↑ **FREE** ↑

*Special*Offer*1*month*Extra*for*FREE* from 12th January to the 30th April, while stocks last.



Superflex is unique.

The totally natural formula has been developed by vets using premium grade, fully traceable ingredients, including nutrients proven to support joint flexibility, supported by a powerful combination of naturally sourced ingredients selected for their rich antioxidant properties, and these really do set Superflex apart from other joint formulas. Give your horse's joints the five star treatment they deserve - **feed Superflex.**



For more details please go to your local NAF stockist or call our Nutritional Advice Line: 0800 373 106 or email info@naf-uk.com

www.naf-equine.eu/uk

NAF
★★★★★



Official Suppliers
to the British
Equestrian Teams



**Santana and Minna
Telde at the London
2012 Olympics**

Photo: Kit Houghton

One eye, all heart

H&R meets the horses at the top of their game, despite having life-changing surgery



Hearing the news that your horse has injured an eye beyond repair is something that no owner wants to hear. However, it's not the end of the line. One-eyed horses have gone on to have flourishing careers, accomplishing great feats such as winning the Hickstead Derby, racing in National Hunt races and performing foot-perfect dressage tests.



Adventure de Kannan and Trevor Breen win the Hickstead Derby

Adventure de Kannan

Last year's Hickstead Derby was as dramatic and emotional as ever, but especially for the rider and connections of Adventure de Kannan, a charismatic 17hh bay gelding with an empty socket where his right eye had been. Imagine tackling the fearsome Derby Bank with a one-eyed horse! It was a massive testament to the courage of this amazing horse and of his rider, Irishman Trevor Breen.

Fourteen-year-old 'Addy' had suffered for five years from a condition in his right eye before the decision was made in 2013 to have it removed. Trevor was concerned that Addy's career would be over, but just one month after the operation, he was competing. Even after this life-changing operation, Trevor was surprised at how quickly Addy bounced back.

They subsequently went on to podium finishes at some of the biggest Grand Prix showjumping competitions in the world. They tackled the



Hickstead Derby in 2013, pipped to the post by Phillip Miller on Caritair Z and finishing in joint second with William Funnell. But his redemption came in 2014 when a four-fault first round put him in a jump-off with Phillip Miller on his 2013 winner. Caritair Z tipped a rail in the jump-off, so Trevor had the choice of a steady clear or the fastest time – and he chose the tightest turns and galloped to the finish – tipping a rail but crossing the finish just a few fractions of a second ahead of his adversary. Since that iconic win, Addy has continued to stay on form, winning top classes.



H&M Tornesch

Ridden by Swedish showjumper Malin Baryard-Johnsson, this striking Dutch Warmblood stallion cuts a fine shape in the arena. But look more closely and all is not what it seems...

Tornesch first sustained an eye injury when he was a youngster, which left him with about 30% sight in his right eye, but over the eight years following the injury, he competed well and moved up the ranks with Malin.

In 2011, they competed at the European Championships and the Rolex FEI World Cup Final, and Tornesch seemed to be coping with his reduced vision. However, after the 2013 Rolex FEI World Cup Final, he injured the same eye while breeding.

No-one was really sure what happened, but it was so serious they couldn't save the eye and it had to be removed. The operation took place in July 2013 and Tornesch recovered quickly, returning to the competition arena in October 2013. British audiences had a chance to see him in action at Olympia in 2014 where he was third in the Longines World Cup. As Malin has said, rather than slowing him down, one-eyed Tornesch is super-confident and better than ever!

Grand Prix
showjumper
H&M Tornesch



Santana

Hanoverian Olympic dressage stallion, Santana, is owned and ridden by Minna Telde from Sweden. Minna has ridden Santana since he was three years old and bought him outright when he was five. With his striking beauty and exceptional talent, he is also a very popular choice of stud horse.

However, in 2009, he emerged one morning from his stable with a mystery injury – a large scratch to the surface of his eye, which was swelling rapidly.

The equine hospital put a catheter in and Minna decided she wanted Santana to come home and be treated there. Sadly, his sight deteriorated, and Minna elected to have the eye removed and replaced with a silicone ball.

After months' recovery, the pair finally made their Grand Prix debut in January 2012 and have competed successfully internationally ever since, being part of the fifth placed Swedish team

at the London Olympics. Minna believes it was Santana's fighting spirit that helped him overcome the setback. Because Santana can't see when she is standing on his left side, Minna speaks to him to tell him what she's doing, creating a seamless line of communication, despite his sensory deficit.

In November 2014, Santana came third in the World Cup Dressage at Stockholm. In front of the home crowd, 13-year-old Santana turned on the style, with a beautiful Grand Prix Freestyle. He's a crowd favourite for the courage he's shown since losing an eye. Their Christmas-themed musical score suited Santana perfectly, as he danced his way through the test with a real spring in his step. He finished his test in style, with Minna riding a one-handed piaffe down the centre line to the rhythm of the enthusiastic crowd's applause.



**Santana and Minna
Telde at London 2012**



Material World

You can just about imagine a one-eyed racehorse winning on the flat, but over jumps? It seems unlikely with all the chaos of the crowds, jockeys and other horses jostling for position. But Material World, aka Daisy, won five races and was well-placed in loads more, despite losing an eye after an accident before her racing career had even begun.

Daisy and her owner and trainer Suzy Smith were working on the gallops, when a jogger approached and the horse had to swerve to avoid a collision. Daisy slipped and fell, but aside from that, seemed unharmed. However, over the next few days, she developed a fungal infection in her left eye and the upsetting decision was made for it to be removed.

After she'd recovered, Daisy resumed her training programme and ran her first race – the last National Hunt flat race of the 2003 season at Market Rasen. She started at odds of 25/1 in a field of 15 and won! Suzy says: "That was a pleasant surprise!"

The plucky, one-eyed mare ran 19 races over her jump-racing career, winning prize money totalling more than £90,000 and beating many well-respected horses. As somewhat of an underdog, coming from a smaller racing yard and with her impaired vision, she won racing fans' hearts. Her final race was as a 10-year-old in the 2008 World Hurdle at Cheltenham and she is now a high-class broodmare with five progeny.



Material World racing over fences with Colin Bolger

*Berry was absolutely fine after losing his eye, we found no problems with him at all and he progressed to CCI**** as planned. In fact, he had been a bit spooky before his eye operation, but was less so afterwards – Tristram Owers*



Izzy Taylor and Briarlands Blackberry

Briarlands Blackberry

Four-star eventing is a tough feat, especially for a horse with only one eye. Briarlands Blackberry competed at Blenheim with Tristram Owers in 2003, then when he was turned out for his holiday he contracted a fungal infection in his eye, which eventually had to be removed. As a result, he was rerouted from Badminton to Bramham and Burghley with Tristram the following year.

He says: "Berry was absolutely fine after losing his eye, we found no problems with him at all and he stayed at that level and progressed. In fact, he'd been a bit spooky before the operation to have his eye removed, but was less so afterwards. The vets do say that it's better for a horse to not see out of his eye than have partial vision."

"He was a really genuine horse to ride, very straight and a real trier. He wasn't flashy or exuberant, although he could have a cheeky buck after the dressage!"

Izzy Taylor took over the ride in 2008 and rode Berry around Blenheim, Burghley, Bramham, Barbury and more between 2008 and 2011, coming 20th at Blenheim 2010. Retired now, he lives with his owner Guy Avis and is nannying stablemate Matilda's foal.



Fly Care

RELIEVE THE ITCH



LINCOLN



DUAL ACTION

Enhanced
protection spray

- ✓ Repels
- ✓ Provides an effective physical barrier
- ✓ Use when there is a potential of irritation from biting midges
- ✓ A must have in the summer months

Inspired
by native
African
tribesmen



EFFECTIVE

Soothing itch
relieving lotion

- ✓ Useful before onset, during attack and for maintaining recovery following sweet itch attack
- ✓ Patented molecular technology
- ✓ Alleviates itching
- ✓ Reduces attack by Sweet Itch midge
- ✓ Controls symptoms of sensitive skin
- ✓ Offers fast relief and effective long term reliability
- ✓ Contains combination of skin conditioning agents



Such a fantastic product, that really does work!

My pony used to rub himself raw after a midge attack, but after using **Lincoln Stop The Itch** he is hardly rubbing at all and his hair has even grown back. A must have for all sweet-itch sufferers. ”

Lincoln customer

Discover the wonders of horse care with the Lincoln Collection



Coat Care



Fly Care



Hoof Care



Leather Care



Leg Care



General Care



Nutrition



Well-being



Treats



Accessories



Sundries

Find the full range and your local stockist

Lincoln-Equestrian.com

Share, write, tweet...

If you want to comment on an article in *Horse&Rider* or share your thoughts, then drop a line to Georgia Guerin – address on p22. Remember to include your contact details and boot size!

In good company

In the January issue of *Horse&Rider*, someone asked a question about cows and horses living together, and I can safely say that horses can build bonds and relationships with cattle and even sheep!

Twenty years ago, my first pony, Taffy, came home rather than going back to his usual field after a local show, originally only for the night. We found he was quite happy with the cows, so he ended up staying longer than planned. When we took him back to his normal field, an ex-police horse had moved in and didn't think much of my 11hh veteran, so we made the decision there and then to bring Taffy home permanently.

We started to look for a companion, but quickly found he was happy with the cows. His stall was surrounded by calves and he would share their hay over the low wall. He also grazed with the older cattle and it was safe to say that he was not only a valued member of the herd, but also the leader. The cows followed Taffy everywhere! They would groom each other and Taffy often helped the cows escape, taking them around the farm on his usual hacks.

Taffy lived with the cows for the rest of his life. Other horses came and went, but Taffy always kept his cow bond until he passed away at the age of 33. My two mares have a bond with the cattle, too. Having shared stables in the same open barn for several years, they saw the cows as part of the herd. And they never worried if one horse left,

STAR
LETTER!



because the cows were just across the passageway, keeping them company.

The horses now have their own stables away from the cows and live with sheep instead. Five ewes and their lambs roam the field, while the horses strip graze. The horses are happy for the sheep and lambs to run around them, and the horses look for them when they are turned out. They are very close – they graze together, touch noses and the sheep come down to the paddock where the horses are every night.

My horses, cows and sheep are very happy together, and always have been. So I would say that horses can build bonds with other animals, and if my story isn't enough, simply look at all the racehorses with their own sheep or goat to keep them company.

Katherine George, via email

Going by the book

I recently went into the attic to have a clearout and came across the pony books I had when I was a little girl. It was fantastic to see all my old favourites again – the Pulein-Thompson sisters' books, including *Prince Among Ponies* and *Phantom Horse*, K.M. Peyton's *Fly By Night* and, of course, Ruby Ferguson's *Jill* books, and many more. I even came across my old *Pony Annual* circa 1978!

I want to keep them out of sentimental value, but am interested to find out if they're worth anything. They were a huge part of my horsey upbringing, and I can imagine many others have enjoyed the thrills and spills of the heroes and heroines, too!

Jenny Freeman, via email



Horse&Rider thank you...

The sender of our star letter will receive a pair of Roanoke boots from Toggi – available in sizes 36–43. This full-length, tumbled leather riding boot features elasticated panels for exceptional comfort and fit. The Thermo rubber abrasion-resistant outsole and the shock-absorbing midsole offer secure grip, comfort, support and performance. Call ☎ 0113 270 7000 or visit toggi.com



Toggi

The big issue

Imagine my delight when my latest issue of *H&R* dropped through my letterbox and there were three big articles that were of particular relevance to me!

Firstly, I have a five-year-old gelding who I've been bringing on and am now looking forward to this year's show season. The 'Jump start' article with Yazmin Pinchen really helped me get a good idea of how to introduce my youngster to his first event and made me aware that being prepared is the most important thing.

The 'Confidence for equestrians' feature also helped me with my

youngster. Because he is green, we have of course had refusals, spooking and suchlike, and I do find myself feeling nervous sometimes before riding him. I found the basic NLP anchoring techniques easy to use and realistic, and have practised a couple of times with great success.

Lastly, my gelding was diagnosed with a nodular sarcoid last September, so reading all about the different types was really helpful and put my mind at ease. Thanks, *H&R*!

Tanya Phelps, via email

f Have your say!

We asked you on our Facebook page whether there is ever a situation when it's okay not to acknowledge and thank drivers when they pass carefully. Here's what you had to say...

Liz Daniels If they have been polite enough to slow down, the least they deserve is a thank you. It can be a nod of the head if it isn't safe to take your hands off the reins. I always hope that if I say thank you they will slow down for the next person, too.

Freya Harris If a horse is playing up, then I would rather focus on the situation in hand and have both hands on the reins for my safety, my horse's safety and the safety of the drivers.

Niamh Gunkle If the horse is dangerous, it should really be out with company, then hopefully the other person could do the thanking if you have your hands full!

Clare Woolley I thank everyone, even if they are going too fast, then maybe next time they might slow down. People not thanking drivers is half the reason they don't slow down.

Katie Cross Drivers are not slowing down these days as they consider riders to be ignorant. As a rider, I have seen so many riders riding side-by-side on a single track road and on a main road, while playing on their phones! It's so dangerous and very rude. Try to ride in single file when you can and always say thank you to the drivers who slow down for you.

Pat Grinter Never – even if you are hanging on for dear life you can always at least smile your thanks!



Claire Hanmer My horse is a complete menace in traffic, but I've always managed a nod, smile and to mouth the words thank you at the least. It's horse riders who blatantly ignore (and I meet plenty who do just that) that make drivers indifferent about us courteous riders!

Vanessa Collier Yes, if your horse is playing up and you are concentrating on getting him back under control. Anyone who wants a wave and a thank you in those circumstances deserves a slap.

Hannah Petrie Hay There have been times when I have been so engrossed in 'fire fighting' with my horse that saying thank you has been the last thing on my mind. I have also been in situations where I definitely wouldn't feel comfortable taking a hand off the reins, but I do my best to nod and smile. I hope people understand, as sometimes it might not be apparent to an onlooker that the rider feels as if they're sitting on explosives. Saying thank you improves relations between road users, but it shouldn't have to be mandatory for riders to thank people for passing in accordance with the Highway Code, if it feels risky to the rider to do so.

To have your say about horsey issues of the day, visit facebook.com/HorseandRiderMag

If you want to share your thoughts, send your letters to Georgia Guerin, Letters Editor, *Horse&Rider*, D J Murphy (Publishers) Ltd, Marlborough House, Headley Road, Grayshott, Surrey GU26 6LG, with photos if they're relevant and an SAE for their return, or email georgia@djmurphy.co.uk. We look forward to hearing from you!

H&R's TOP TWEETS

Our favourite tweets
@HorseandRiderUK

@openTranch
#weekendriding



@kirsten_hodges
#weekendriding hacking



@SafetyforwardUK
Taking some time out with my horse who thinks he's a dog this weekend



@Suz_hs Rainy days in California mean only one thing. Hunter wellies & Barbour jackets!



@SamanthaMacRose
Well wrapped up for our ride this morning! Glorious day but brrr!



Witness the powers of the **new**

FAB FOUR



Amazing

Super Heroes of Equine Care



Show Off

For all the dirty horses and ponies in the world, who would really like to be clean and smart, we have created this fabulous shampoo which not only cleans deeper and shines brighter, it smells wonderful too! So to make your show horse showier, your black horse blacker, your white horse whiter and all others in between simply more dazzling, just add Show Off to your water and work up the suds! The results will be **DAZZLING!**

Muck Off

Stubborn stable stains mean nothing to this powerful formula. A little spray on the stain will lift it clean away and your horse or pony will be spotless. So even for those stains that seem impossible, it's definitely worth a try. We haven't found anything it can't remove! So, please go ahead and try it. The results will be **AMAZING!**

Shine On

Off to a party? Your horse is squeaky clean and ready to go, but just needs that little extra sparkle to get noticed in the crowd. Finely mist the coat with this spray – it's great for silking up manes and tails too – giving your horse an all over perfect finish. The results will get you **NOTICED!**

Pimp my Pony

For all dirty ponies who want to clean up and stand out from the crowd, we have created this perfect pink shampoo which not only smells fab it cleans deeper and shines brighter. So, to pimp up your pony, add Pimp My Pony Shampoo to your water and work up the suds! Give your pony the wow factor and prepare to be **DAZZLED!**

We're BRILLIANT try us

For more details please call our Advice Line:
0800 373 106 or email info@naf-uk.com

www.naf-equine.eu/uk

NAF
★★★★★



Official Suppliers
to the British
Equestrian Teams

PART THREE In this feature... ➤ A fitness regime for eventing

Our trainer



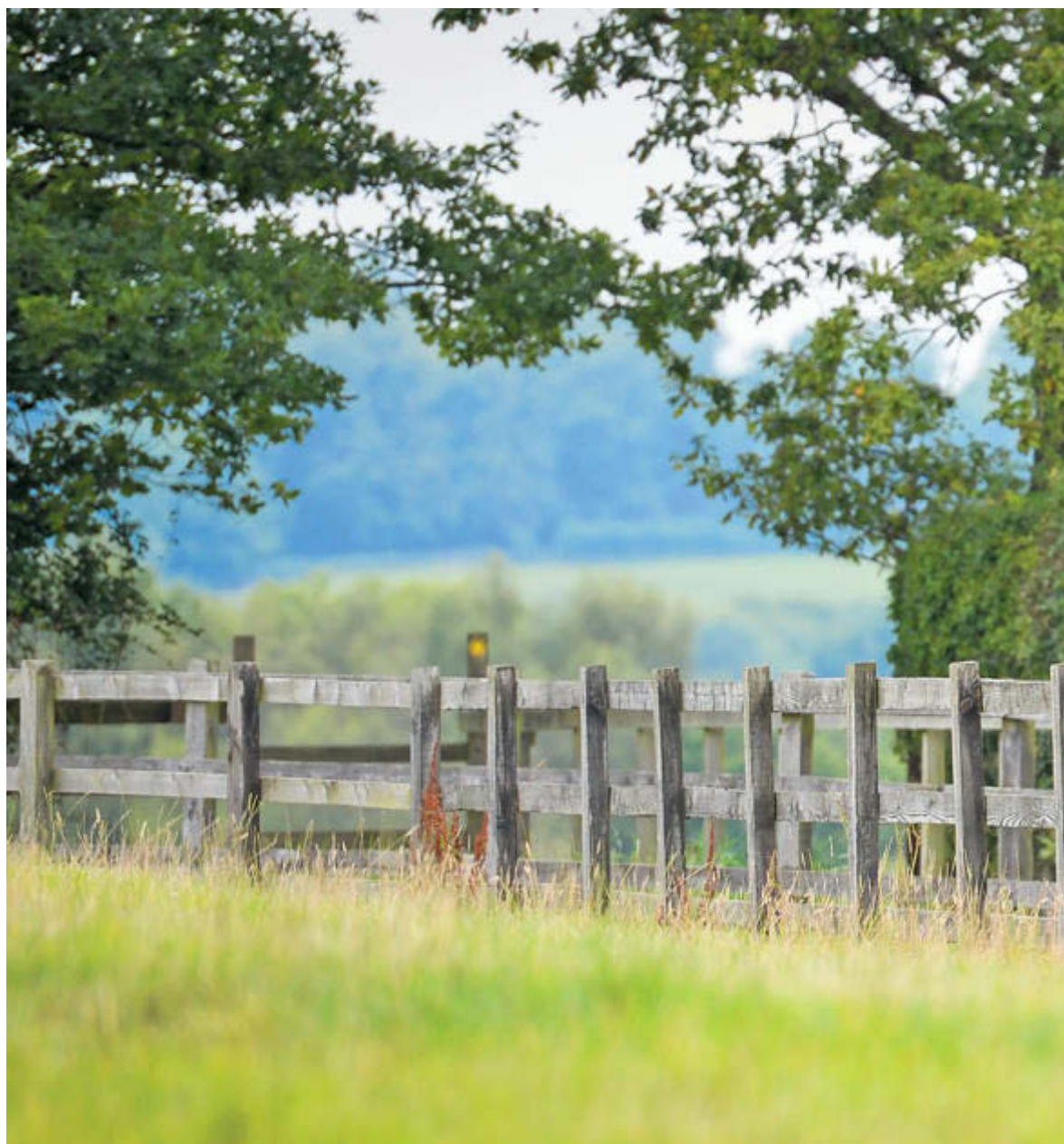
Australian Olympic event rider **Brook Staples** has been placed

at Badminton and Burghley, and competed at the Sydney Olympics. A British Eventing Accredited Trainer, he produces and competes event horses to CCI*** level as well as teaching.

Our equine pupil



Glasker Sweet Clover (Shane) is a seven-year-old Irish event horse owned by Caroline Crowther. He has 24 BE points.



Get fit for the season

Do you want to go eventing this year? Olympic eventer Brook Staples explains how to start the season with your horse fit and ready to go!

► Walk and trot work ► Introducing schooling ► Jumping and gridwork



Getting your horse properly fit for the eventing competition season is really important if he's to perform at his best, and stay sound and happy in his work. It doesn't have to be difficult or stressful, you just need to put in the time to build his fitness – but you must do it gradually.

Fitness work can be fun, especially if you have good hacking to make the job easier and more enjoyable. Variety is important, too, including schooling and jumping your horse, cross-country training and competing in showjumping and dressage. He'll positively benefit from the variety in his work in terms of fitness and experience.

My yard is on the edge of the Ashdown Forest in Sussex. It's a very hilly area, which is great for fittening horses, and I also have a big school with a good surface and purpose-built gallops for when I start to do flatwork, jumping and fast work.

But even without such great facilities, you can still do the fitness work successfully, walking and trotting on quiet roads and tracks with as much incline as you can find, and travelling to gallops or schooling facilities at weekends.

Shane, our equine model, dispels all the myths you hear about fit horses being tricky to handle. Despite being as fit as a fiddle, this lean, muscular powerhouse has a calm, positive attitude – just what we'd all like in our horses!

Tendency to tubbiness?

Most of the horses and ponies which come to our podiatry clinic are on the tubby side.

Our management system enables you to deal with tubbiness in the simplest way.

We have an enviable success rate. Our clients' animals are given a diet based on Laminitis Trust Approved Feeds, Formula⁴ Feet, and depending on blood test results, NoMetSyn and Vitex⁴ Equids. TLC Frog Supports are used routinely to improve the animal's comfort.

Weight Tapes give you a reliable means of recording your animal's weight changes. Formula⁴ Feet provides all the micronutrients your horse or pony needs to recover its health and to rebuild tissues. NoMetSyn is our product of choice for the stubbornly tubby cases and Vitex⁴ Equids is for those showing long or curly coats!



Rely on the Laminitis Trust Feed Approval Mark; it is the only one which is not self-approved!



Equi Life Ltd Tel; 01249-890784 www.equilife.co.uk
(secure online ordering available)

MADE IN
BRITAIN

CHARLES
OWEN

THE LEADER IN
EQUESTRIAN
SAFETY

www.charlesowen.co.uk

Registered to
PAS 55 and
BS EN 1884 Certified by
SEI to
ASTM F1163

Fitness foundations

I start fittening work by walking my horses for half an hour a day on roads and tracks, building up over two weeks to 45 minutes. Once my horse is comfortable walking out for 45 minutes, I add in some trot, ramping my riding time up to a total of an hour in walk and trot. I'll add in steeper hills as he gets fitter, too. This type of work is the basic fitness foundation no matter what work you plan to do. It's so hilly around my yard that we don't need to do much more than that, but if you don't have access to good hills, then you will need to adjust your horse's programme and build up to longer periods of trotting to achieve the same level of fitness.

Next, I add schooling sessions twice a week and when the horses are ready, gridwork, jumping and competitions, depending on what suits each individual.

When a horse is fit for eventing, he'll perform better and also be less likely to pick up injuries

The whole process should take three months if you're starting fitness training from scratch with a horse you're bringing in from a rest in the field. It should be the same for all levels of eventing. If you keep your horse ticking along at all times, obviously it's easier because you've not given him that big break in the field. But if he's unfit, it needs to be three months.

Top tip

► Don't rush your programme. Go slowly and spend a bit more time doing the basics, rather than thinking you've got to trot up *those* hills for *that* amount of time.



Fitness work starts in walk



Add trotting after about two weeks



A couple of weeks later, schooling



Back to school

Your horse's first few weeks in the school should be very basic work a couple of times a week. Then I start to bring in a bit of lateral work for the more advanced horses and counter-canter, and build it up from there, depending on the horse's level and experience. I don't begin work on lengthened strides or medium trot or canter until the horse is fitter. It's really important to build it up gradually over the three-month fittening period.

After the first three or four weeks' schooling, I'll start to introduce a little bit of jumping – really basic, small fences to start. I gradually build up to simple gridwork, then related distances and little courses. I also take the horses to the gallops, which is a great way to improve their cardiovascular fitness.

I want at least three months from his holiday to the first competition to ensure he is fit enough for cross-country. It's important to build up his workload slowly but consistently.

Work ethics

Skimping on fitness work is a common mistake, but it's harder for people who work full-time. I see a few people who don't get their horses fit enough, then pull them out of the paddock and take them to an event. This isn't great for the horse and they tend to pick up injuries. It's important to be realistic about how much work you can do with your horse. If you can't ride five days a week, it will take longer to get your horse to the same level of fitness, so just allow more time. Regular work is good for horses, but saying that, make sure you add in time to relax. I give all my horses one, if not two, days off a week, which is important for them – they enjoy going out into the field and just chilling with their friends.

And although it takes time to put the work in, once you've got your horse to the desired fitness level, it's easy to maintain it. If one of our horses has a week off and he's already fit, it wouldn't affect him in the same way as it would a less fit horse.

To rest or not to rest?

The fitness advice given here is used for my horses who have a period out at grass after the eventing season, but not all horses benefit from a rest like this.

If a rest suits them, they're turned away for a month to six weeks so they can forget about competing and be horses for a while. But other horses are best kept ticking over – it depends on what suits them. Some just don't like going out in the field all that much.

And some horses just need to be kept moving – a rest isn't necessarily the best thing, especially if they've had an injury. My vet pointed out that if you're an athlete who's had an injury, you don't go and sit in the pub for a month, then get back to work. Controlled exercise is the best thing.



Three weeks later, start jumping



Gradually build the fence size



Cross-country in the arena!





HIGH FIBRE CUBES

For Great Gut Health

*Cereal free
for positive
energy* →



*With live yeast
and pre biotic
for digestive
support* ←

Made with no compromise

The **essentials.** range from SPILLERS®

Izzy Taylor's flatwork secrets

Good dressage marks are all about a solid foundation. So whatever level you ride at, getting the flatwork fundamentals right will improve all aspects of your riding, says eventer Izzy Taylor

Regardless of a horse's level of training, the most important thing is that he consistently responds to the rider's leg and hand aids, and is accepting of the bridle. My event horses need to be prepared to answer and react to the questions I put to them, but this is also true of any horse if you want to enjoy riding him.

For your horse to respond correctly, it's important that you give clear signals when asking for transitions and movements. While this is obviously an important part of gaining good marks in a dressage test, when you're schooling at home or even out hacking, you want a horse who is responsive and balanced. Getting the basics right is important for the development of any horse, and I'm going to show you how I do it.

► Develop his focus ► Improve your transitions ► Teach him to stretch



Our trainer



Izzy Taylor is the latest in an eventing dynasty. Her grandmother was placed at Badminton, her mother rode for

Britain at Young Rider level and her aunt won the first-ever Burghley horse trials. But Izzy's success speaks for itself – she rode as an individual for Team GB at the 2013 European Championships and was selected for the British squad at the 2014 World Championships before her mount, Allercombe Ellie, picked up a minor injury in training. Izzy's season finished in amazing style, with a 7th place at Burghley and overall 5th in the 2014 British Eventing rankings.

Our models



KBIS Briarlands Matilda made her British team debut at the 2013 European Championships in Sweden. In 2014, she

finished 17th at Badminton and 7th at Burghley.



Six-year-old, 17hh **Bugbrooke** is beginning his second season eventing. He arrived as a weak five-year-old and is

now showing real talent as he grows into himself.



Eight-year-old **Briarlands Birdsong** is competing at Intermediate and CIC** level.



Constance O Cool is five years old and 2015 will be her first season competing at BE100 level.

Myler Combination Bits



The Myler Combination Bit is one of the kindest bits available. The rein pressure exerted by the rider is shared over several different areas. Initially, it acts on the nose; poll; and back of the jaw, with only 1/3 of the total pressure felt in each of these three areas.

The mouthpiece engages only when the rein pressure rotates the shank about 45°, when it works on the tongue and bars like a "normal" mouthpiece. At this point, the

pressure exerted by the rider is spread over 5 areas – nose; poll; jaw; tongue; and bars.

The Myler Combination Bit is available in several different mouthpieces. It is particularly suitable as the first bit for a young horse, which will be used to head-pressure signals from being led in a head collar. It is also a great bit for horses who are very nervous in the mouth; ex-racehorses who have been trained to "run into their mouths" and are reluctant to come into a schooled-horse outline; and older horses who think they know it all and will benefit from a very different feel in the communication they receive from the rider.



To decide which mouthpiece would be best for your horse, consider:

- what are you trying to improve?
- how is your horse resisting?
- how has he responded to other bits you have used and how did their actions differ?
- what is his mouth like? (eg big tongue; fleshy lips; short muzzle, etc)

AND MOST IMPORTANTLY,
REMEMBER THE ANGLE OF
PULL AND UNDERSTAND HOW
THE BIT YOU ARE USING WORKS
IN YOUR HORSE'S MOUTH.



Read the Myler book with DVD *The Level Best for Your Horse*

For more information about biting in general and Myler Bits in particular, or for details of your nearest stockist, please visit www.shawsequestrian.com, email info@shawsequestrian.com, call 01335 370737 or 'Like' us on Facebook "Shaws Equestrian"

Shaws
equestrian

*Respiratory problems?
Choose the power of natural
herb extracts*

Bronchial Elixir with Echinacea

A liquid supplement with all the goodness of natural herb extracts. Bronchial Elixir balances out nutritional deficiencies and environmental strains that lead to respiratory tract disturbances causing weakening of the immune system.



...it works!



Agrihealth

Contact your local retailer or Agrihealth for more information
Distributed by Agrihealth
T 028 3831 4570 www.agrihealth.co.uk



equestriandirect



FLEXIRIDE™

IMPROVING PERFORMANCE ALL YEAR ROUND

- A complete surface or suitable as a top up
- Cost effective, virtually maintenance free
- Suitable for a range of disciplines
- Superb cushioning qualities
- All weather frost resistant
- High water absorbency
- 100% wire free
- Nationwide delivery

BEWARE OF IMITATIONS!

www.equestriandirectltd.co.uk

T: 01564 794020 E: info@equestriandirectltd.com





Stretching helps your horse to relax

At the start of every schooling session, I like to spend five to 10 minutes walking, trotting and cantering the horse on a long, but not loose, rein. This means I still have a contact, but I'm not asking for any sort of collection – it helps relax the horse into his work environment and allows him to stretch out in a long, low outline. It will sometimes take a bit longer for a young horse to realise that this is what I want in the beginning, but once he has learnt to do it as a part of his cool-down and reward at the end of a schooling session, he will soon associate the longer contact with stretching, which is so important for him.

Stretch and flex

Stretching is really important because, as well as releasing the muscles across your horse's back, it also encourages him to take the contact down rather than evading the bit by dropping behind the vertical or sticking his head in the air.

When it comes to asking for bend, you're looking for your horse to make a consistent shape throughout his whole body – from poll to tail. Bend isn't about just pulling his head round to the inside. If you do that, your horse will fall onto his outside shoulder on a circle or turn, which will compromise his balance. To avoid this, keep a consistent contact on the outside rein, and use plenty of outside leg to tell your horse you don't want too much bend through his neck and body. If he continues to fall out through his shoulder, it's time to take a step back. Ask for less flexion and once you've got control of the outside shoulder, increase the amount of bend slowly, focusing on control of the outside of his body.



Stretching is really important because it encourages him to take the contact down



Use markers to help define your transitions

Transitions

It's really important to be decisive with your aids and very clear about when you want your horse to make an upward or downward transition. To reinforce this, use the school markers as points to make your transitions. This will help you prepare – use a half-halt before the marker to tell your horse something is happening. If he is a little too forward-going, practise your downward transitions into a corner. The physical barrier of the arena fence will encourage him to respect the request you are making, and it has the added advantage of helping you to avoid being too heavy with your hand to get a result. As your transitions become more consistent, practise them away from the main track. Taking away the security of the edge of the arena will help you check that your transitions are straight!



**Distractions are good
– they can help teach
your horse to focus**



The best way to teach your horse to cope with distractions is by recreating them at home

Mind on the matter

Distractions are part of life when riding and even more so when you're competing. So, getting your horse so focused on you and what you're asking that he ignores what's going on around him is really important.

The best way to teach your horse to cope with distractions is by recreating them at home, rather than in a show situation where it will be harder to address new problems. Make the best of what you have available – my school has mirrors and advertising boards around it, which helps desensitise my horses to competition arenas that often have hoardings around them.

Some horses become tense when there are jumps around. If your horse reacts to fences even when you're not jumping, don't ignore the issue – work him around jumps until he relaxes. It's important he learns not to tense up in anticipation of jumping.

My school is close to the yard, so any activity is noticeable, and there are often sheep in the adjoining field. I don't avoid schooling just because a horse finds the sheep spooky – in fact, it's great for them to get used to another different

situation! And the same is true for noisy activity on the yard.

Something that can really distract a horse if he's not used to it is anything that flaps – for example, tarpaulins or tents. If that sounds like your horse, then face the issue rather than avoiding it.

Of course, it is important to know whether your horse is genuinely worried, or if he is simply evading work and being silly. If there is something specific that your horse is shying away from, begin by riding a circle at the far end of the arena. As he settles and stops being so focused on whatever is spooking him, slowly edge your circle closer and closer to the 'monster'. Keep your horse bent slightly away from the object, but keep your inside leg on to ensure he doesn't fall in on the circle to avoid getting closer to the spooky object. Remember your position, too – keep looking up in the direction you want to travel, not down or at the object itself. By encouraging your horse take the contact and keep moving forward, you will be able to retain his attention and gradually work him past the 'dragons'.





Freshen up

If your horse is a bit switched off or seems to lack enthusiasm, don't panic. There are a number of ways to get the bounce back into a horse who is feeling a little jaded. Try schooling him out hacking, rather than in the confines of the arena. Focus on transitions, lateral work and turns.

If your problem is a lack of impulsion in his flatwork, place a couple of jumps in the arena and incorporate them into your schooling session. The main aim is to make flatwork fun again for both of you, and to revitalise your horse's attitude and make him want to show off again. This won't just make your flatwork experiences better, but will also be key to producing a good dressage test. It's important that your horse loves what he is doing.

Use small jumps to get the spark back!



Reassure him if he becomes tense

Do be realistic about your horse's temperament and also your riding ability – it's important not to create a situation that you cannot see through to its conclusion. And remember to stay calm – don't get into a battle, keep it a conversation. I always advise people to never dismount.

If your horse is a bit sharp, or doesn't deal particularly well with new environments, it's a good idea to take him to a couple of shows before actually competing. School or lunge him, and allow him to soak up some of the atmosphere. Then, when it's your time to compete there is one less thing to have to concern yourself with.

Likewise, as my horses progress up the grades, I make sure they gradually get used to the proximity of the crowds they will encounter on the bigger stage.

Top tip

► Stay straight as you ride down the centre line by focusing on keeping impulsion in your trot, and looking up and above the end of the arena.

Get more marks

Even if your horse doesn't have the flashiest of paces, you can maximise your marks by riding movements as correctly as possible. And this extra accuracy has a benefit at home, too – a horse who is responsive to your aids, regardless of what you are doing, is a far more pleasurable ride.

The 20-metre circle

is designed to highlight how supple and balanced your horse is. So, it's important not to let your horse fall in or out through his shoulders, or his hindquarters swing out. These are both common signs of a horse avoiding working through from behind and moving straight. Rather than thinking of riding a circle, ride a diamond shape and aim to hit each point for one stride before moving on to the next. By looking up and around from point to point, you will be able to ride a smooth, continuous movement.

Your horse should be moving away from your inside leg. At the same time, it's important that you support him with your outside rein and outside leg. Don't restrict your 20-metre circle work to the ends of the arena – if you always ride your circles with three sides to support you, the chances are that your horse will develop a tendency to rely on the fence. Instead, circle from mid-way down the school (for example from B or E) to stop any hanging to the outside and using the walls as a security blanket.

Figures of eight

are easy enough if you know how – imagine riding a series of half circles, with a couple of strides straight as you change direction through X. Before starting the movement, ride deep into the first corner – this will help ensure the difference between the corner and the first half circle is obvious. Then, as with riding a circle, pick out your markers and remember to change diagonal over X. Allow for a couple of strides completely straight before changing bend and moving off onto the opposite rein. Break the movement down into four half circles, using the core skills of riding 20-metre circles to keep the balance and rhythm through the entire movement, and focus on the quality of the change of bend and direction.

Three-loop serpentine

follow the same principles of riding a figure of eight. Although, of course, you are riding smaller half circles, so the changes of bend and direction come around more quickly. The three turns should divide the school evenly and it's important to ride the movement as one smooth line. As with the figure of eight, make sure you use the corner before starting the movement to make sure you and your horse are balanced.

Look up and around the first turn, keeping your horse working around your inside leg, but controlling his hindquarters by placing your outside leg slightly behind the girth. A consistent contact on the outside rein will support your horse's shoulder on the turn. As you cross the centre line, ride straight for four or five strides before asking for the new direction and bend with the corresponding aids. It is important that your horse works round your leg rather than you pulling him around the movement. Remember to change your diagonal with each change of direction.

A perfect circle will help you to a perfect 10!



Personal preference

- I don't allow any horse to be ridden off my yard without a neck strap. This isn't a reflection of how naughty they are or how good the rider is – it's about safety. I use a neck strap on my youngsters for all three phases when competing, and for both jumping phases on my more experienced horses.
- These days, many people put boots on their horses as a matter of course. But I prefer to school my horses with bare legs, rather than booting or bandaging them, unless they have a specific issue. Boots can create heat in the legs that you then spend time icing to release. I'd rather not use them and keep it simple.
- Dressage saddles are quite intense for a youngster and don't give a rider much security if things go wrong. I don't ride my horses in one until they are very settled and happy in their job. If they are still a little sharp or naughty, I'll keep them in a general-purpose saddle for as long as it takes for them to settle.

Web extra



Go online to find out Izzy's advice for lateral work and get the inside track on her training with Charlotte Dujardin. horseandrideruk.com

How long?

Don't get hung up on schooling your horse for a long period of time. The key things to focus on are consistency in the contact, bend and straightness. These are the areas I focus on when training my young horses and I only school them for about 20 minutes at a time to begin with. There is a lot for them to think about as well as having growing to do, so shorter sessions work better. The older, stronger horses may get schooled for up to 45 minutes, depending on what I want to work on.

★★★ Rate this feature

Go to tinyurl.com/RateSpring15 for a chance to win a Mountain Horse Crew jacket (see p9).



Committed to you

Affordable Cover
Priceless Service

**The UK's
leading
independent
horse insurance
specialists**



0345 230 2323



www.kbis.co.uk



Riding or Competition Horse Insurance

Yard & Freelance Instructor Insurance

Bloodstock Insurance

Horsebox Insurance

Equestrian Property Insurance

Personal Accident Insurance

Events/Show Insurance

Farrier Insurance

Pet Insurance

KBIS Ltd is authorised and regulated by the Financial Conduct Authority (300861)

NatureBute®

Fast-acting **boswellia**, **ginger**,
turmeric and **black pepper**
tincture to support the body's
natural **anti-inflammatory** and
pain mechanisms/responses



Buy online at
naturebute.com

- Manufactured in a laboratory licensed under the UK Medicines Act 1968. GMP or 'Good Manufacturing Practice' - a series of strict procedures observed during the manufacturing of this product
- Induction sealed for tamper indication, leak prevention and freshness





Down the line

It's the only movement you do at least twice in every dressage test, so why is it so hard to get right? H&R shows you how to ride the perfect centre line

Enter at A and proceed down the centre line. At C, track left. Reading the beginning of a dressage test you might think, 'How hard can it be, just turn and carry on to the end of the arena? But if that's you, it's time to think again.

The centre line is the first impression the judge receives of you and your horse. What's more, the movement requires you, the rider, to be precise and accurate while your horse must be straight – and both of you must be in harmony. List One dressage judge, Judy Firmston-Williams, says: "The first centre line is your chance to set the tone for the whole of the test. If you start with an 8, you will have the judge on side and thinking positively. It's much harder to climb back up from a 6."

The key to a straight centre line is the turn before it. Make sure you ride deep enough into the turn and look down the centre line well before you get there. Imagine turning one stride early and taking a step of leg-yield to get your horse onto the perfect line before you enter the arena – this is much easier than trying to correct a late turn, which will inevitably set you off on a wobble down to C!

Practise regularly in your schooling sessions – once you know just where to turn at home, it will be much easier at a competition. Judy suggests: "Turning from the stiffer rein can give you a straighter entry. And a positive, forward approach will interest the judge."

Going straight

International dressage judge Stephen Clarke says: "In order to ride the perfect centre line, the horse must be in front of the rider's aids, well-balanced and straight. I would always advise a rider to focus their eye on a point beyond C, and ride resolutely forwards and in balance."

If straightness down the centre line is your problem, then it's time to work out why. Before you begin, check that you're riding actively forward with an even contact, sitting squarely in the saddle and looking where you're going. Many riders panic and stop being so effective at a competition, resulting in their normally straight centre lines becoming very wobbly!

If you school in an arena with a fence and always use the outside track, your horse can become used to the fence helping him to stay straight and then struggle in open spaces. If that's the case, ring the changes by schooling in the field and when in the arena, work well away from the track. Look up and fix your eyes on a point in the distance, then ride determinedly towards it.

If your horse is quarters in or out, then it's time to go back to basics, with plenty of lateral work to supple him and encourage straightness.

Stop right now!

So, you've perfected your centre line and now it's time to halt at X. Stephen advises: "The quality of the halt itself and the transition to halt always depend on the development of the horse's engagement and balance, his acceptance and reaction to the rider's aids, and his understanding of the half-halt".

If your centre line is straight, then the halt that follows it is more likely to be good quality. Focus on keeping your horse straight as you half-halt to set up the transition. This will help you maintain control of his shoulders and quarters, and encourage him to step smoothly into a square halt.

Judy adds: "The rider's body should be positioned over X. When there is a judge at B or E, it is part of their job to judge whether you halt in the right place, and it is surprising how many riders miss by two metres or more. The halt should really be direct, but can be a little progressive at Prelim and Novice level. Whatever you do, it is important to have your horse properly balanced with his hindlegs well underneath him."

So practise at home, ride with purpose, make a positive impression and there is a good chance of achieving that perfect centre line!

PERFECT POSITION

Want to ride like an Olympian? Here are some quick tips to perfect your jumping position



Words: Céleste Wilkins. Photos: Jon Stroud/FEI, Bob Atkins.

How's your position? Are you stylishly sailing over every fence? Some riders are naturally co-ordinated, and seem to look flawless over every jump. But time spent working on your jumping position isn't wasted – a stylish and correct position also allows you to effectively direct your horse.

Position check-up

How do you know if your jumping position needs a bit of work? Here are three great ways to find out...

- Ask an instructor check your position over fences. They will be able to give you extra pointers to work on.
- Ask a friend take a video of you jumping. You'll be able to pause the video when you're at the apex of the jump to check your position.
- If you have arena mirrors, check your position at a standstill. Can you draw a straight line down through your ear, shoulder, hip and heel? Chances are, if you're sitting out of balance at the halt, it will transfer over into your jumping.

The elements of a good jumping position



Head

Your head should be up, with your eyes locked on to the next fence.

Upper body

Over a fence, your upper body should be tall, following the movement of your horse, with your back flat. Common upper body faults include jumping ahead of your horse or being left behind and ducking, where your rider's shoulders are lower than the point of your hip. These faults can be due to your horse taking off earlier or later than you had anticipated. If your back tends to round over the fence, it might be worth looking into some core strengthening exercises to help you to sit taller in the saddle!

Form and function

American Olympian Beezie Madden is no stranger to success – and her jumping position is a huge part of it. She's been to three Olympic Games, winning bronze in Beijing 2008, and she's won medals at two of the three World Equestrian Games she's attended. Her effective, forward riding was honed by renowned American trainer George H Morris, who has written several books that are well worth a read if you wish to improve your position.



If you're in a good, soft, forward position on take-off, your horse will close the angle between your hips for a balanced jump

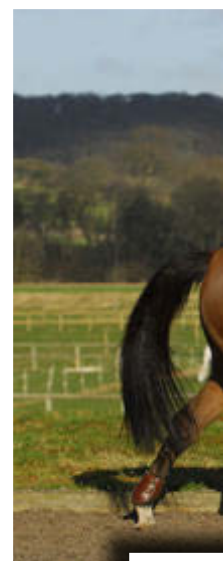
Don't jump ahead!

Anticipating the jump – or jumping up the neck – can put you out of balance with your horse, and it is a dangerous habit, especially if your horse suddenly refuses! Don't worry about jumping for your horse or folding extravagantly over the fence. If you're in a good, soft, forward position on take-off, your horse will close the angle between your hips, resulting in a balanced jump. Beware if you approach the jump with a very upright upper body because you'll have to 'catch up' with your horse and this may also cause you to throw your body at his neck on take-off.

Maybe you've picked up the bad habit of jumping ahead of your horse – or the opposite problem of getting left behind – because of lack of confidence. If that's the case, re-learn your horse's rhythm over poles and small jumps. A grid of poles or small bounces (no strides between each fence) can help you to relax into your horse's rhythm.



Jumping ahead of the motion can flatten your horse's jump



Grids with bounces can help tighten up your jumping position



Your lower leg position can alter your upper body balance



Sit up tall and keep your back flat over the fence – not like this!

Improve your connection

If you're in the habit of catching your horse's mouth in the air, or want to improve your connection over fences, gymnastic grids can really help. Small fences or cavalettis set at one stride apart (21ft or 6.4m) or bounces (10ft or 3m) can help you to balance on your heels rather than your hands. Practise keeping your hands wide and alongside the neck.

Arms and hands

Your elbows should be bent and relaxed, making your arms elastic, and there should be a straight line between your elbow and your horse's mouth. Your thumbs should be on top with your wrists at a slight 45° angle inward towards your horse's mane. Close your hands around the reins and anchor them with your thumb and forefinger.

The way you position your hands over the jump will affect the way your horse stretches his neck and uses his body over the fence. They should follow your horse's movement over the jump, pressing slightly into the sides of his neck. With your hands pressed into the neck, you'll be able to support your upper body as you go over the fence and you won't flop around on his neck if he has a powerful jump. By keeping a straight line from bit to elbow, you'll maintain connection with your horse's mouth and be ready for whatever faces you on the other side of the fence.

Seat

Your seat is an important aid and can have a positive effect on your horse's jump. You should be sitting towards the front of the saddle, in the twist, the narrowest part, with equal weight on each seatbone. It's good to adopt a forward, light seat when jumping – then you'll be in the right position as your horse goes over the fence. Your horse should be light on your aids and not need too much encouragement (or interference!) from your seat.

Some riders have the bad habit of sitting back in the saddle too early over the jump. This can result in your horse knocking the fence with his hindlegs – especially if it's an oxer. Keep your seat out of the saddle until your horse land. Think of maintaining your jumping position for two strides after you've cleared the fence.

Legs

Your legs and seat are your base of support. Keep your heels down and your stirrups on the balls of your feet. Your weight should be evenly distributed throughout the entire length of your leg – don't pinch with your knees!

Your leg position can help or hinder your upper body position. Legs that are too far forward can tilt your upper body behind the vertical, but if they're too far back they can tilt your body forward. Both positions render you vulnerable should your horse stop suddenly – so keep your legs under your body, just beside the girth.

Work regularly without stirrups in jumping position and soon you'll have a stylish position.

TIME TO MOVE ON

'Behind the leg' is something we hear all the time – but what does it really mean, and how can you stop your horse from being behind the leg? Horse&Rider finds out

Watching top dressage riders produce apparently foot-perfect tests, you might be forgiven for imagining their horses go correctly all the time. But if you think that the experts never encounter training problems, then think again. The truth is, their experience gives them lots of tools to fix the issues they uncover when schooling and training. And the good news is, the *Horse&Rider* team listened in on last winter's Dressage Convention to bring you advice from the world's leading trainers, judges and riders.

Ask yourself, do you ask your horse for a transition and get it, but with a delay of a stride or

two? Do you ever put your leg on to ask for a little more engagement, but get no response? Perhaps your horse feels as though he is going forward, but still sometimes breaks in the canter despite your leg being on.

These are all examples of a horse who is behind the leg. This can mean a horse who is slow, but not always. Horses can rush along but not be in front of your aids – they're controlling the situation themselves and leaving you firmly in the passenger seat. But it doesn't have to be like that.

In this article, we focus on how to teach your horse to be in front of the leg with four simple exercises from top trainers...

Top tip

Set a goal in your schooling session. Do 100 transitions and you'll see the difference!
Carl Hester



Carl Hester MBE

Carl is a British team stalwart. He won a gold and two silver medals at the 2011 European Championships, as well as team gold at the London 2012 Olympics and team silver at the 2014 World Equestrian Games.

Exercise 1: Always ride forward

"Don't forget the basics," says Carl Hester. Here's his advice to ensure your horse learns to think forward and be in front of your leg, even if you're halting...

- Ride forward into a halt transition. Don't just close your hands to ask for the transition – sit light, close your leg and think of it being up and forwards. You shouldn't hear a thud as he halts – it's not a journey to Earth's core!
- When you establish halt, if it's not square then correct it immediately. But keep thinking forward. Don't tolerate stepping back – your horse must step forward to get the square halt.



**Top tip**

If your horse is tense and not listening, stop for a minute until he relaxes, then begin again. You need his attention.

Florian Bacher

Is your horse spooky, lazy, tense or hot? Whichever he is, the most important question is, 'Is he in front of your leg?' – Carl Hester

**Florian Bacher**

One of the Spanish Riding School of Vienna's most revered riders, Florian trains and rides the school's Lipizzaner stallions. He also trains dressage students throughout Europe and competes at FEI level.

Exercise 2: Transitions within the pace

Florian Bacher explains how transitions within the pace will help to develop your horse's activity...

➤ Transitions within the pace are a great way to encourage your horse to be more active. Collect the trot, then ride forward in a bigger trot to get the activity. The more responsive your horse, the more times you can do this exercise on each long side, and the more active and forward he will become. Keep practising!

➤ Ask for a couple of steps of collected trot, then use your inside leg to push your horse forward again.

➤ A few steps of shoulder-in in collected trot can get your horse thinking more forward and actively by engaging his hind end, making space for him to step under.



Top tip

Give your horse one sharp kick to wake him up. Don't block the aid with your hands. Afterwards, be light with your aids.

Carl Hester



Peter Storr

Peter is a well-thought-of international judge and also trainer to Team GBR's most successful ever pony squad.

From his base in the Cotswolds, he has earned a reputation for developing our future stars.

Exercise 3: A bit of sideways

Peter Storr develops the idea of adjustments within the pace to increase your horse's focus on his work, and also the quality of his paces...

➤ Building incremental transitions within the pace, combined with some lateral movements, will help give

cadence to your horse's trot. If you find your horse isn't off the leg, turn onto the diagonal, then ask for a few steps of leg-yield. Then straighten up again before asking for a few more steps of leg-yield. This will help to get him moving away from your aids and focusing on what you're asking.



Think of training your horse like building a house. The most important parts – the foundations – are hidden. When you see the framework going up, it looks a mess – but you don't worry, you don't expect the building site to look like the finished home. It's the same with training horses – **Richard Davison**

Top tip

From halt, on a long but not loose rein, give quick, sharp aids (leg/whip if needed) to send your horse forward. Any pace is fine. Don't punish cantering – he needs to learn you mean him to be forward.

Carl Hester



Stephen Clarke

Stephen is the most senior and well-respected dressage judge in the world today. He was President of the Ground Jury at the London 2012 Olympic Games.

Exercise 4: Use your corners

Stephen Clarke suggests maximising the use of corners to help you teach engagement while keeping your horse thinking forward...

- Make a transition down to walk on the long side.
- Check you have forward hands and sit very still – don't unbalance your horse or fuss him unnecessarily at this point.
- Then ride forward into a short, quick trot before the corner.
- Squeeze him forward up the long side. If he gets cross, tough! Don't back off him because he doesn't like what you're asking. It must be on your terms, not his. Keep riding. You must lead the conversation.
- Don't worry about his reaction – so long as there is one. The outline will come as he learns to be forward from your leg.





By Appointment to Her Majesty The Queen,
Horse Feed Manufacturers,
Dengie Crops Ltd, Essex

Dengie

Devoted to...
powering performance

"My eventing horses are fed Dengie, fuelling their training regimes and providing them with controlled energy. They all look the picture of health, I'm always receiving compliments on how well they look at trot-ups."

Tanya Buckingham



Fuels Work / Improves Stamina **No Added Sugar, Low in Starch**

The ultimate high calorie fibre feed perfect for fuelling work and promoting condition without excitability. Made from pure alfalfa providing quality protein for top line and oil for healthy skin and coat shine.

www.dengie.com



/DengieHorseFeeds



@DengieHorseFeed

Contact **0845 345 5115** for friendly advice on the Dengie Feedline

WIN! Ariat Challenge paddock boots

*Fifteen lucky readers
will each win...*

A pair of Ariat Challenge square-toe zip
or dress paddock boots worth £129.99



ARIAT

The women's Challenge square-toe paddock boots are available in either a zip or dress design. These smart boots are made from high-quality calf leather, and incorporate a moisture-wicking lining and sockliner. They include an elastic twin gore, a back pull tab for ease of wear, a spur rest and a Duratread outsole for stability.

Subtle differences make both boots stand out. For traditional Ariat fans, the zip paddock boot incorporates an antique brass zip and punched toe cap. The dress version has a stretchy flexion gore over the instep to make them easy to pull on, and a plain toe cap with understated patent piping to offer a stylish twist.

The square-toe zip paddock boots are available in chocolate, black or cognac and the dress paddock boots are available in black or chocolate, in sizes 3–8.5.

CHALLENGE SQUARE-
TOE DRESS BOOT

CHALLENGE SQUARE-
TOE ZIP BOOT



**What type of leather
are the Challenge
square-toe paddock
boots made of?**

Tie-breaker: Why should you win a pair of Ariat Challenge square-toe paddock boots?

WORTH
£129.99
EACH

To enter:

Answer the question and tie-breaker on the competition entry form on page 144 or visit horseandridercompetitions.co.uk to enter online. Please provide a ridden photo of you and your horse, and a brief description of your ability and experience as a combination. Entries must be received by 31 March 2015. Visit horseandridercompetitions.co.uk for full terms and conditions. No purchase necessary.

For more on Ariat,
visit ariat.com

NEW

"I've found something that keeps him calm, with a shiny coat & is easy to feed..."

Molly & Bing (14 year old ex-racehorse)



KEEP CALM

A delicious quick soaking high fibre feed

- No barley, LOW starch (7%), LOW sugar (less than 5%)
- Speedi-Beet and soya hulls for highly digestible superfibres
- Soaks to a tasty mash in 10 minutes
- Maintains condition whilst encouraging a calm temperament
- An ideal feeding option for horses & ponies at rest or in up to moderate work
- Suitable for those prone to laminitis*, or those needing a low starch diet
- A full spectrum of vits and mins, including calcium & magnesium
- Linseed for a shiny coat & Digest Plus for digestive health
- Non-heating, slow release calories
- Flavours of essential oils so it smells irresistible

*except when needing a calorie-controlled diet

Speedi-Beet
The Super-Fibre Ingredient



GET YOUR FREE SAMPLE PACK

Tel: 01371 850 247 (option 1)

e: info@baileyshorsefeeds.co.uk

www.baileyshorsefeeds.co.uk

DIGEST PLUS
prebiotic



Our trainer



Jason Webb was born in New South Wales, Australia.

Through his continual work in training horses, he gained an in-depth understanding of horse psychology and behaviour, and has developed a training system based on equine psychology. His easy to understand teaching methods have helped riders of all abilities train their horses in a safer, more effective way.

Our equine pupils



Daisy is a three-year-old cob who has come to Jason for starting under saddle.



HACKED OFF

Enjoy stress-free hacking with Jason Webb's tips for conquering napping and spooking

➤ Jump logs out hacking ➤ Gain confidence on the road

Napping or spooking?

● Spooking is when your horse is genuinely scared by something such as a noise, an object or a sudden movement. He may react by leaping, refusing to go forward, planting his feet, spinning round or running away.

● Napping horses will be reluctant to move forward for no apparent reason and may plant their feet or spin. Horses like this can also be more spooky hence the

confusion between napping or spooking. You can tell the difference between a genuine spook and evasive napping by looking at your horse's ears. If he's spooking, his ears will be pointing forward at the scary object, telling you he's genuinely scared. Be sympathetic with him and reassure him. If he's napping, he'll have his ears pointing backward and you'll need to ride assertively.



Hacking out with friends or on your own and discovering the beautiful countryside in your area has to be one of the greatest pleasures of owning a horse. But if your horse becomes unsettled, it can become a nightmare. Having a horse who spooks or naps can turn what should be a pleasure into an ordeal. The good news is that, with a few techniques, you can learn to overcome these common problems and begin to enjoy hacking out again.

Overcome his fears

Why do horses spook, how do you cope with a spooking horse and how can you help him to overcome his fears? Spooky horses are generally oversensitive, and can lack trust in their environment and in you. They aren't normally forward thinking – if they come across something they're unsure of, their first instinct is for flight rather than to listen to your aids to move forward.

If you find yourself in this situation and your horse spooks, it's important to do as little as possible, but enough to stop him from spinning or running. If he does try to turn, use one rein to keep his head facing the object, but when he is facing the object, leave him alone. It must be his decision to stop moving and face the object, not because you are holding him there. If you tense up and grab hold of the reins, or start kicking him in the ribs, you will only add to his highly-adrenalised state and make him more panicked.

Once your horse has settled a bit and started to lower his head while facing the object, ask for a step forward. This may make him nervous, but it is important that once you have asked for forward momentum you get it, otherwise he will learn to ignore your leg and will plant or spin whenever he gets worried or unsure. I find using rapid tapping with my leg or a whip to be the most effective as opposed to a thumping kick after the initial squeeze with my leg. Once he does step forward, stop asking immediately so that he understands that he has done the right thing. Allowing him to relax after each step forward will help him to put his trust in you and, in time, you will be able to get him to walk past the object.

If he goes to rush past, don't grab hold of both reins because this will act as a reprimand when, in reality, he has done what you have asked and gone forward. If the situation allows, you can repeat the exercise several times until he is walking calmly past the object. Alternatively, your horse may try to put his head down and sniff the object. It's important to allow him to do this, as it shows that he is starting to become curious and wants to investigate where he is going.

Successfully getting your horse past one spooky object doesn't mean that he will walk sensibly past everything. In your ridden work, it's important to work on the aids to go forward. In an enclosed area you can follow the same procedure as outlined above and introduce different objects.



Before heading out, make sure your horse knows the aids to go forward



Allow your horse to sniff a scary object

**If your horse naps,
ask him to go forward**



Naughty napping

So what if you have a horse who naps rather than spooks? Why does he do this and how can you prevent it? There are two circumstances in which a horse will nap – either he is worried about where he is going, so he refuses to go forward, or he is thinking about wanting to go back to where he has come from. Both of these situations indicate a lack of trust and respect for you as a rider, as your horse is not willing to take on new challenges or is seeking comfort by wanting to return to familiar surroundings.

The best way to resolve napping is to recognise the signs and nip it in the bud before it becomes too ingrained. It starts with increasing the level of trust and respect between you and your horse. There are two main areas you can work on to achieve this – being able to move his hindquarters left and right, and making sure that your cues for him to go forward are clear and that he responds immediately to them.

The control of your horse's hindquarters is necessary for you to be able to realign him should he drop his shoulder and try to nap home. By disengaging his hind end, you have the added benefit of taking away his power, because when he's crossing his hindlegs and pivoting around his inside foreleg, he can't spin or run away.

By making sure that he responds immediately to your cue to move forwards, you won't have to nag him or give him the opportunity to think about napping. The key to this is to ask him to move



**If he's crossing his
hindlegs, he can't spin
or run away**

Napping and spooking indicate a lack of trust as your horse is not willing to take on new challenges

forward with a gentle squeeze, give him a second or two to respond and if he doesn't, reinforce your request by tapping him with a whip behind the girth. Be prepared to tap as softly as possible but as hard as necessary to get a response. When your horse moves forward, stop asking and give him some time to realise he's done the right thing. If you are consistent with this, your horse will soon move off your leg without having to use the whip at all, because that option will be far easier for him.



Jumping logs and cross-country fences can build trust

Moving forward

Another good tip to discourage napping is to use your legs only when changing gaits. For example, using your legs only when moving from walk to trot, or trot to canter, instead of using your legs constantly. This will help to create clear communication between you and your horse. If he's slow to move off your leg, it generally means he isn't pushing from behind and is not truly thinking forward.

The problem with using your legs to motivate your horse within a gait is that you may start to nag, using your leg without any response from your horse. For some horses this is a real source of frustration and they can associate that negative feeling with going forward, resulting in a napping response.

Jump for joy

Jumping logs out hacking can be part of the fun, but if your horse spooks or naps, resulting in a refusal, it can be a real drag. Get him over the jumps using the same technique you used to help with napping – ask him to go forward and be insistent he gives you at least one step before you then relax and give him a chance to look and realise it's not that scary. Giving him an opportunity to choose to go over before asking him to go forward again is the key to success. If he refuses, give him a nudge – he'll soon learn that it's easier to go over than it is to refuse and nap. Make sure the jumps are small enough at first that he can easily step over them from a standstill. Build your horse's confidence before moving on to bigger jumps and soon you'll be jumping for joy.

Be insistent – he'll soon learn it's easier to go than to refuse





On the road again

If it's traffic that your horse is worried about, there are certain techniques that can help him face his fears. Knowing your route is imperative. It's really important to be aware of gateways or tracks that give you space to get your horse off the road if need be. If you're new to the area, take a walk down the lanes where you'll be hacking to figure out what the road and traffic are like. As you begin to train your horse on the road, choose a safe, controllable environment and have a friend drive past. That way you'll be able to practise passing vehicles, knowing the car will stop when needed.

If your horse is unhappy about cars passing him, it's a good idea to turn him to face the vehicle as it passes. I prefer to deal with the situation head on, rather than have the car creep up behind me. Once he's turned, his first instinct may be to go backwards, but don't be tempted to kick him – he has lots of energy already. Just focus on keeping his body straight, and staying calm and relaxed to help build your horse's confidence, and eventually he'll realise it's easier to go past the car than to make a fuss about it. As the car overtakes you, turn your horse back around in the direction you were originally going and follow the car away down the road.

While turning around to face a car might sound extreme, you won't have to do it for long for your horse to relax in traffic. The alternative is your horse feeling nervous about something approaching him from behind, tensing up and then you having to hold on to him to prevent him from running away, making him more tense, claustrophobic and worried.

Sometimes if you can see that a problem is likely, the safest thing to do is find a place to get

off the road, instead of allowing it to escalate into a dangerous situation. Before tackling a problem it's essential that you know you can and will see it through to a successful resolution. If you change your mind halfway through, especially with a horse who is napping, he will learn that he can make the decisions and run away, and will do exactly that next time, too.

The same thing applies when you're allowing a car to pass you from behind for the first time – another good time to have a friend drive the car. Find a suitable place to get slightly off the road to give your horse more space and allow the car to pass. If he does react, disengage his hind end away from traffic and regain control.

Turn to face traffic head-on and don't forget to thank motorists

Next month

Jason tackles naughty horses on the yard.

★★★ Rate this feature

Go to tinyurl.com/RateSpring15 for a chance to win a Mountain Horse Crew jacket (see p9).

KERATEX

ESTABLISHED 1990

Keratex Hoofcare:
flying the flag for horses all
over the world. Made in the UK

Repair & protect

Keratex Hoof Hardener

PREVENT hoof cracks,
SOLVE sensitive soles and
KEEP shoes on. Results
noticeable within days! ▶



Keratex Hoof Putty

PLUG and DEFEND cavities and hoof imperfections.
A semi-permanent wax for easy protection during
abscess recovery, and for punctures, horn
separation, old nail holes and damaged hooves.

Keratex Nail Hole Damage Repair ▶

COMBAT damage around the nail hole areas
with this powerful CLEANSE and REPAIR
product; harden & PROTECT the inside of
old nail holes & reduce localised stress.



Keratex Hoof Gel

Apply 2 or 3 times a
week for all-weather
PROTECTION, keeping
hooves STRONG in the
wet-dry cycle.

Available through farriers,
tack shops, equestrian centres & online...

www.keratex.com

01373 827649

For advice call 01373 827649 or email info@keratex.com.
All emails are answered within one working day.

T 01462 790886 E equine@lintbells.com



JOINT

SOOTHES STIFF JOINTS
SUPPORTS JOINT STRUCTURE
PROMOTES MOBILITY

YUMOVE Horse Joint provides a unique
combination of proven active ingredients
to help your horse perform to the best of
their ability.

Make your move to the very
best in equine joint care for
the stiff or veteran horse

Get your FREE SAMPLE now call
01462 790 886

Lintbells
EXCELLENCE IN EQUINE

Find out more at
www.lintbellsequine.com

YUMOVE[®] HORSE



Our experts



Wendy Jago is a British Dressage List 3 judge. She is also a

neuro-linguistic programming (NLP) master practitioner and NLP coach.



Tania Grantham BHSI Int SM is a professional dressage

rider who, as well as competing, specialises in helping all types of horse and rider enjoy dressage, making it fun, rewarding and attainable for everyone.

Together they run 'Make a difference' clinics, which include a session off-horse with Wendy followed by a session on-horse with Tania. Many riders keep their horse lives separate from their non-horse ones, but the clinic is designed to help riders explore what kind of approaches and strengths they could bring from their off-horse life to help improve their riding life.

Our rider



Nichola Atkinson rides her eight-year-old Welsh Section D

Abertyleri Excalibur, affectionately known as Bertie. The pair competes at Prelim, but Nichola is a self-confessed perfectionist, and finds being judged and criticised difficult.

Riding – it's all in the mind!

If only it was as simple as taking your horse to a competition and having a good time. That's what it's all about, right? Well, yes, but sometimes our gremlins have a habit of spoiling the fun



right mindset for competitions ➤ Making your horse look easy to ride

You're schooling at home and your horse has never felt better, but then you go to a show and everything seems to fall apart. It's almost like you've forgotten how to ride. If you've ever been to a show, it's likely you've experienced a scenario like this at one time or another, and it's frustrating and disheartening to say the least.

But you can do it – you've already done it at home – so it's nothing to do with your ability. Therefore, it must be something that's mentally getting in your way. This is the scenario Nichola found herself in. Competitions are problematic, so she's come to Wendy and Tania to try to get to the bottom of it.

Nichola's issues

When she spoke with Wendy, Nichola discussed how she finds putting herself up for being criticised by doing the test quite tricky psychologically. She is a perfectionist and finds herself feeling thoroughly disappointed if she receives 6s and 7s on her test sheet.

Nichola feels her confidence lets her down at shows. When she's at a competition, she enters the arena and panics about getting through the test. She finds she's not even conscious of what Bertie is doing. At home, it's a different story and she thoroughly enjoys dressage. It's only going to a show that's a problem.

Having worked through her problems in theory with Wendy, next it was time to partner up with Bertie and work on them with Tania.



Nichola is a perfectionist, and finds being judged and criticised difficult

Perfect 10

As she warmed up in the school, Nichola explained to Tania that she doesn't cope very well with criticism. "If you don't like being judged or criticised, dressage is a really bad choice of hobby!" laughed Tania. "But all joking aside, being a perfectionist is what makes you good at it. It's a positive, not a negative. I know you get hung up on achieving 10s, but remember that 10 isn't perfect. It's excellent. No-one is perfect.

"I know it's hard, but it's important not to get too despondent about the marks and comments on your test sheet," Tania advised. "At the end of the day, the only important thing is that you're pleased with how the test has gone and what you've achieved. You might not have a record-breaking score on your sheet, but if, for example, a movement you've been struggling with really came together that day, that's something you should celebrate and go home feeling pleased about, regardless of what the sheet says."





VetVits
Developed by Vets



SAVE £3

Competition safe Veterinary approved

Everyone knows that caring for a horse can be expensive. So why pay extra for a joint health supplement when you can buy an affordable alternative – especially one like ours that **contains 40% more glucosamine.***

EquiFlex is an advanced blend of high-strength and clinically proven natural ingredients; glucosamine, chondroitin, mineral manganese and vitamin C. This combination enhances the absorption and effectiveness of glucosamine and chondroitin giving your horse the best possible joint health benefits.

We challenge you to see the difference

Switch from your current joint health supplement to see the difference in your horse and save £s too!
Satisfaction or your money back.



**NOW ONLY
£17.95**

2 month supply – 496g
(RRP £20.95)

FREE P&P

"I think some people think you need to go bankrupt for this type of product but you don't! I cannot recommend it highly enough!"

Justine N.

AVAILABLE EXCLUSIVELY DIRECT - ORDER TODAY

FREEPHONE 0808 100 4080 www.vetvits.co.uk

*40% more glucosamine per gram than standard glucosamine sulphate 2KCl. Cannot be used in conjunction with any other offer.

Offer expires 30.04.15

VHR-YFE

Set the pace

Another of Nichola's big sticking points is that she rides just to get through the test. She doesn't feel as though she can relax and think about how she is riding and Bertie's way of going, then ride accordingly, as she does at home.

Bertie used to be quite a backward-thinking horse, so Nichola has had to be firm with him to ensure he understands that he has to go forward. Although Bertie is much improved and now moves forward freely, he still has a tendency to back off when the bell goes at the beginning of a test and feel like he wants to stop on the centre line. Trainer Tania thinks this could be the root of the problem.

"Before Bertie learnt to work forwards properly, you used to feel the need to help him the whole time. Now, when he backs off at the bell, I think your need to help him kicks in again," Tania explained. "But this is exhausting and leaves little room to think about the test, what you're doing and where you're going.

"Ideally, you need to be able to put Bertie where you want him, whether that be a working trot or a collected canter, then he should stay there while you relax until you say otherwise," she told Nichola. "Even if you're just able to mentally

relax a bit while he stays there, he has to maintain it. You've pretty much achieved this at home, so there's no reason why he can't keep it up during a test.

"Trust him to stay where you've put him and if he doesn't, don't be afraid to chase him up and correct him like you do at home," Tania advised. "I kind of do correct him," said Nichola, "but just subtly and then I pray to the God of dressage that he goes back into the pace quickly! I aim for damage limitation."

"But is it damage limitation?" asked Tania. "Or is it just transferring the problem to the next few movements? Correcting him might not look great, but if it quickly straightens things out for the rest of the test, it's better than just battling through it like you are now, trying to keep him going.

"To help get Bertie more active when the bell goes, practice cantering down the centre line at home," she suggested. "Then the next time you go down the centre line during a test, he'll enter the ring at a good pace, expecting to go blasting down it in canter! Keep working at it. Once you can trust him to stay in the pace required, it'll free your mind up to think about all the other things you need to do to refine your test."



“Don't help Bertie too much. It's exhausting and leaves little room to think about what you're doing”

– Tania Grantham

No comment

Nichola explained: "In my last test, the weather was horrendous and I knew I really had to ride Bertie. But for the first time, the bell went and we were off, rather than the handbrake going on as usual. He was great and moving forward really nicely, but when I read my comments they said he was behind the leg and behind the hand on occasions. I was disappointed as I thought he was going well. Now I don't know what is right."

Tania nodded: "It's funny, because people often ride better in bizarre circumstances, because it gets them out of the panic zone and it makes them ride. It's easy to read too much into the negative comments on a test sheet, but remember that there only has to be a comment for marks of five and under. If you've been given six or above, sometimes the judge won't write anything," said Tania. "Therefore, when you look at your sheet, all you're reading are the negatives. But all the blanks are actually big ticks and mean that you've done well."

"Also, the more consistent you are, the more a little blip will stick out," Tania explained. "If you were all over the place for the entire test, the judge would simply say that it wasn't consistent. But if for 17 of the 19 movements it's been consistently good, the two dodgy movements are going to be more noticeable."

"The judge's job is to look at your test and mark up the bits that aren't getting you such good marks, then tell you why so you can then go home and work on them. The comments suggest that your test was mostly good, but that there were a few occasions where you momentarily lost it. You're reading it differently and imagining that because the judge picked up on it, it must be a big issue. Remember, the judge is not highlighting your failure, it's feedback!"

Achieving consistency

Having had the comments about Bertie dropping behind the hand and leg during her last test, Nichola wanted to work on consistency. "I tend to go from him going too fast to being behind the hand and leg, and I really want to find the middle ground," she explained to Tania.

"Dressage is all about consistency," Tania replied. "A really good test doesn't change rhythm between the paces, it just flows from one thing to the next. But this requires strength from Bertie. He needs time to build the strength so that he is able to maintain it for an entire test. Keep plugging away at it and one day it will come together."



Remember, the judge is not highlighting your failure, it's feedback!

Creating the right mindset

"Bertie's so much better here and at home than in a test, and I don't know why!" said Nichola.

"That's because you're in the right mindset here," explained Tania. "If you ride around thinking, 'Oh no, it's going to be awful. Everything's going to go wrong because we're in a test', it will. Change the way you think. So you've been struggling with transitions. What's the best-feeling transition you've ever done? And the canter – what's the best canter you've ever done? Recreate that in your head and remember the feeling. Then make that thought fulfil itself rather than the negative one."





Get off to a good start

"Your test won't go well if you haven't got a good warm-up regime in place," explained Tania. "Use all the tools you've got before a test – for example, if you're doing a Prelim test, don't just use Prelim movements in your warm-up, throw in a bit of lateral work, too. It's also a good idea to use the movements you're confident with and use a lot at home while schooling."

"Try some speed and tempo changes. They are good for getting the horse focused on you, listening and working, and they will get him pushing through from behind. Shoulder-in is also great, as it gets the horse working and mentally engaged. Because it's a complicated exercise, he has to concentrate on you and it makes him focus mentally. It's really useful for getting a horse listening when there's a lot going on at the show."

Dressage is an art

Nichola feels disheartened when she sees other riders in her class breezing around the arena, making it all look easy. "I don't know how it's so effortless for them. I find it such hard work and feel like I'm having to give it my all, all the time, to get Bertie to look nice," she said.

"All riders are guilty of the same thing," said Tania. "Everyone thinks it looks worse than it does. That's because when you're riding you have so much information coming in to you, but people who are watching can't see it. Also, does the judge ride your horse? No, they don't. So unless you make it obvious, they have no idea he is being really hard work."

"It might look like the other riders aren't having to work hard, but that's the art of dressage. Although it looks easy, I can assure you they're all like ducks – underneath they're all swimming frantically, just like you are," Tania joked. "Part of test riding is presenting a complete picture. Think of it like this. When you're schooling, it's about finding your issues and fixing them. Riding a dressage test is about knowing your issues, covering them up and presenting a complete picture. They are completely different."

"All the other riders you're looking at who seem like they're having an easy time of it are probably looking at you, thinking you look amazing, too. Remember to smile, enjoy it and be proud to be riding him."

Nichola's goals

► Forget about achieving the perfect test. There's no such thing. Regardless of the score on the sheet, as long as you have achieved something positive during the test, it's been a good day.

► Practise getting Bertie to maintain whatever pace you put him into, so it frees up your mind to think about other things during your test.

► Don't see the comments on your test sheet as negative, use the feedback to help you improve. And take more notice of where there are no comments, because it means you've done well.

► Start thinking more positively before and during a test by remembering times when it has gone well.

► Remember the judge cannot feel what you are feeling, they can only see the picture you are making. So make sure you look up, smile and create a happy, effortless looking picture for them to admire!

★★★ Rate this feature

Go to tinyurl.com/RateSpring15 for a chance to win a Mountain Horse Crew jacket (see p9).



This month on Horse & Rider .uk .COM

WIN A bottle of Yumega Horse Skin and Coat supplement

Eight lucky winners will each win a bottle of Yumega Horse Skin and Coat supplement from Lintbells.

Yumega Horse Skin and Coat supplement is perfect for the start of the show season. This totally unique product provides an unrivalled and enviable show-ring shine through skin and coat condition, soothing itching from within.

To enter, simply visit horseandriderscompetitions.co.uk, or scan the QR code opposite!

To enter, scan or tap here



VIDEOS TO WATCH THIS MONTH

LYNN RUSSELL



WHAT TO LOOK FOR IN THE CONFORMATION OF A SHOW HORSE

When you've got a cob who is just a little bit short through the neck, your trimming is really important.



Take a look at what Lynn looks for in her show horses.



ESSENTIAL GROOMING KIT FOR SHOWING

Apply Quick Gloss Hoof Spray to the feet very quickly, just to give that finishing touch.



Find out Lynn's essentials for a day in the show ring.

To watch, scan or tap here



You can also visit our [YouTube channel](#) to watch more training and management videos!

Horse^{AND}Rider

ASK THE EXPERTS



Our experts are on hand to help you and your horse

Get in touch by mail or online



HorseandRiderMag



@HorseandRiderUK



Or send your horsey problems to Ask the experts, *Horse&Rider*, Marlborough House, Headley Road, Grayshott, Surrey GU26 6LG, email experts@djmurphy.co.uk or log on to horseandrideruk.com for more advice.



Garry Holter is a pasture management expert and founder of Demeter Grassland Management.



Emily Haggett BVSc, DipACVIM, MRCVS is an associate at veterinary practice Rosedale & Partners.



Ollie Pynn BVSc, CertEP, MRCVS is a partner at veterinary practice Rosedale & Partners.



Tina Sederholm is a riding trainer and author, who has evented to international level.



Jane van Lennep BSc, MSc, NPSD, BHS SM offers advice on breeding, stable management and endurance riding.



Perry Wood trains horses and people, combining classical riding with natural horsemanship.



Anna Saillet BSc (hons) is an equine behaviourist and runs Equine Behaviour Solutions.



Fiona Watkins BSc (Hons), Pro Dip is a fully-qualified, independent equine nutritionist.



Claire Williams is Executive Director of the British Equestrian Trade Association (BETA).

Sponsored by



OUR EXPERTS



Garry Holter is a pasture management expert and founder of Demeter Grassland Management.



Jane van Lennep BSc, MSc, NPSD, BHS SM offers advice on breeding, stable management and endurance riding.



Fiona Watkins BSc (Hons), Pro Dip is a fully-qualified, independent equine nutritionist.

Need for feed

Q During the winter, I can only ride my horse at the weekends. He is in good condition, so is it okay if I only feed him on the days I ride him?

A **Fiona Watkins answers:**

All horses are individuals and should be fed as such. However, in all cases, forage should form the basis of any horse's diet. A diet should also aim to maintain a horse at his correct weight. The two main things you need to consider when calculating your horse's ration are his bodyweight and his workload.

As a general rule, most horses will need to consume 2.5% of their bodyweight in food per day. Anything less than this is likely to compromise their digestive health, and will fail to meet the horse's behavioural and psychological needs. The majority of this (an absolute minimum of 1.5% bodyweight) must be composed of forage-based feeds – for example, hay, grass or haylage.

Horses who are in light work (such as riding at weekends only) and are in good condition do not normally need to receive concentrate feeds, as they can obtain all of the energy they need from forage. Hacking, schooling and unaffiliated competitions can also be classed as light work, although each case will vary. Native ponies, in particular, are very unlikely to need anything other than forage. It may, however, be necessary to provide them with a low-calorie feed balancer or a multi-purpose vitamin and mineral supplement to ensure that they are receiving adequate protein, vitamins and minerals.

It is worth noting that horses thrive on routine and, ideally, it is better to feed smaller feeds every day of the week than



two larger concentrate feeds at the weekends. Having said that, most horses aren't harmed by a change in schedule, but for horses who are prone to colic, a sudden change in routine can be more than an annoyance and might be enough to trigger a colic episode.

Finally, if you are feeding after you've ridden, make sure that you follow the golden rule of letting your horse cool down completely first – his breathing rate should be back to normal and his skin should not feel hot or sweaty to the touch.

DID YOU KNOW?

➤ When most horses are injured, the hair over the scarred area tends to grow back white. However, roan horses are very different in this way. When their skin is damaged, even only very slightly, their hair grows back the solid base colour, with no white hairs at all. These marks are sometimes called 'corn marks' or 'corn spots'.

Most horses will need to consume 2.5% of their bodyweight in food per day

Guide to workload

- **Maintenance** Horses at rest.
- **Light** Hacking and schooling a few times a week.
- **Moderate** Ridden up to five times a week, including schooling, jumping, competing and hunting one day a week.
- **Hard** Ridden six times a week, including intense schooling, jumping, fast work and high-level competition.



The blues

Q My pony is blue roan, and it has always intrigued me as to why the colour of his coat varies during the year between a very dark, almost bluish grey in summer and a much lighter grey when he grows a winter coat?

A Jane van Lennep answers: Blue roan is certainly a very attractive colour. It is due to the inheritance of a single dominant gene, responsible for causing 'permanent grey'. Normal grey horses change colour, gradually going lighter with age. But roan horses are the same colour all their lives – notwithstanding seasonal variations. Roan can affect any colour. When a chestnut horse has a roan gene, we term it strawberry roan, a bay horse, bay roan, and a black horse, blue roan. Roans tend to have darker heads, legs, manes and tails. Grey horses, who can appear roan when they are young, will have a lighter head and often more white in their tails. It can get confusing if a horse inherits both roan and grey genes, which can happen, but not often! They can also inherit genes for broken colour (skewbald) and cream (dun or palomino).

As you have noticed, the winter coat of roans has a lot more white than the darker, glossy summer coat. They can look very different in each season, so it is a good idea to take photos at different times of the year, in case your pony needs to be identified.

There are lots of instances in nature where the winter coat is white, or whiter, than the summer coat. Stoats, hares, foxes and rabbits in northern areas all have white or silver coats in winter, in contrast to their brown or red summer coats. In horses, we see this effect mostly in roans, but a lot of palomino horses go almost white in winter.

Roan is mainly a colour of native breeds and is not seen in Thoroughbreds or Arabs, for instance, so it could be an adaptive feature, like the other animals that go white in winter, to help camouflage them in the snow. Whatever the reason, it is a distinctive and attractive feature of this relatively unusual colour!

Going to waste

Q We have had an incident where 'treated' human sewage was dressed across a bridgeway and into my field by a contractor working on the field next door. I have Googled the problem and found that even treated sewage contains dangerous pathogens, prions, metals and other toxins. The affected area has been fenced off to keep the horses away and the contractor has denied doing this, despite clear evidence. What should I do and how long should I leave the area before it can be grazed safely?

A Garry Holter answers:

Leaving aside the legal aspects of this question, as I am not qualified to comment on them, you are left with a situation whereby you have suffered damage. While treated sewage may contain the materials you've named, the exact mechanism of treatment will have an effect upon what is left behind.

Much of what is currently on the surface will enter the soil, and as it rains this material will wash further down into the different layers of soil. As such, it ceases to be a problem in a grazing sense. Bacteria in the soil have evolved to break down many of the materials you are worried about and those that can't be metabolised will often become bound to soil particles, eaten by earthworms and other soil microfauna, and converted to lesser materials. This takes time, but the process can be accelerated by deep aeration of the soil and, if the soil pH has altered significantly, liming.

I would not advise trying to disinfect the soil, as the process will kill much of what keeps your plants alive, causing you even bigger issues. The plants are removing many of the materials you mention and by cutting them back and removing the vegetation you 'export' the danger off the land.

If you have major concerns after aeration, you could try power harrowing the area, which



will mix the soil up, especially if done deeply enough. A power harrow is like a giant garden rotavator that is fitted to a tractor and requires power to turn the tool, but it does produce a fine soil ready for sowing seed. Once the soil has been treated in this way, it will require reseeding. The sowing of deep-rooted wild flowers will assist in the remedial work.

Grazing should be avoided for at least six months, whether you just leave the area alone or deal with it as I have suggested. The longer you leave it, the safer the area will become. Treated human sewage has been used in agricultural land fertilisation for years, although in many cases it has been burned to ash first. This kills many pathogens but increases the concentrations of certain other elements, such as dioxins, if the temperatures used are not high enough. While we do not think of our waste as fertiliser, it is of course exactly that. Perhaps it is our sensibilities that prevent its use.



WE is balanced

Who is giving you naturally balanced feed, straight out of the bag?

WE is.

www.winergy.com

Q&A | MIND MATTERS

OUR EXPERTS



Anna Saillet BSc (hons) is an equine behaviourist, and runs Equine Behaviour Solutions.



Tina Sederholm is a riding trainer and author, who has evented to international level.



Perry Wood trains horses and people, combining classical riding with natural horsemanship.

Read my lips

Q My horse flaps his bottom lip when I ride him. Not all the time, usually when we're doing harder movements in the school. Why might this be happening?

A Anna Saillet answers: Lip flapping is generally considered to be a stereotypy or compulsive behaviour in the horse – that is, a repetitive, apparently functionless behaviour.

There are a number of factors that could cause this behaviour to start, including pain or discomfort, poorly-fitting tack, frustration, stress or anxiety. Because your horse is usually doing this when you are asking him to carry out more difficult movements in the school, it may be due to increased stress levels.

He may be finding these particular movements either physically or mentally challenging (or both!), or it may be painful for him to carry out these movements. Ask your vet to give him a physical examination to ensure he does not have a physical problem that is causing these movements to be painful for him before continuing any training.

Stereotypic behaviours can become a type of coping mechanism in certain horses, helping to reduce stress and anxiety levels. For this reason, it is essential not to use any tack or equipment that will prevent the behaviour, as this is likely to further increase his stress levels, making the problem worse rather than better.

Consider why your horse might be finding those movements difficult – perhaps you are progressing your training too quickly for him? It may be beneficial to work on some easier movements for some time to reduce his stress levels before working back



up to the movements that cause the lip flapping to start.

It would be beneficial to ask an experienced instructor to observe your riding to see whether they can detect anything that you could alter to make your horse more comfortable and less stressed during training. Always remember that horses are unable to shout or scream if they feel pain or discomfort, so the only way they can communicate this to us is through their expression of behaviour.

You are absolutely right to question why your horse is doing this, as it is very likely to be his way of trying to express to you that he is struggling with what is being asked of him.

Top tip

If you're nervous, you could try some NLP (neuro-linguistic programming), which is a highly-effective way to shift any stubborn feelings of nervousness. It involves reframing the thing that makes you nervous.

For example, imagine picturing yourself riding the horse in a grainy, old black and white movie rather than colour. See yourself riding the horse from the back, perhaps 20, 50 or 100 yards away. Sing happy birthday to yourself as you ride and focus on consciously allowing your energy to sink downwards through your body, down your legs and even into your feet where it becomes a comfy, easy sensation.

DID YOU KNOW?

A stereotypy is a repetitive or ritualistic action, movement or posture. The most common stereotypies in horses are wind sucking, crib biting, weaving and box walking. Sometimes unkindly called 'vices', it has been suggested that they develop as a result of extreme stress or management practices that restrict the horse's normal feeding, social and movement behaviours.

Riding scared

Q I'm a pretty confident rider, but at my local riding school when I ride a certain mare, I become very nervous. I think it was from a bad fall I had, but I want to become more confident on her. What can I do?

A Perry Wood answers:

The first thing to do is simply not ride horses who make you nervous. Dressage rider Edward Gal supposedly got so nervous of the energy and power of Totilas the first time he sat on him that he did the right thing and got straight off!

There are millions of horses in the world, many of whom will be good for you and your riding, but if they are the type that make you nervous then why bother? I am constantly reminding people of something that may seem totally obvious, but that we seem to readily forget – we are riding for fun. Being nervous is not much fun. Find a horse who is fun to ride.

There are a few things you can do to change your level of nerves. Try focusing on something that makes you feel better, such as how nice the horse's ears look or what a beautiful view there is, or finding a nice, light contact with the horse's mouth and allowing your seat to connect well in the saddle.

I often ask people who are nervous to tell me what colour the feeling is and what colour they would like it to be. They usually find it quite easy to change the colour of the nerves to the colour they want and with it they feel better.

On a practical level, make sure you develop a better balanced classical riding seat – that is essential and a lifetime's work. Also, be choosy about the instructor you have. It's worse than useless to have an instructor who makes you feel small, rubbish or who doesn't understand or empathise with your nervous feelings when you ride.

I'll scratch your back

Q Please can you tell me why some people prefer to pat a horse on the neck, while others scratch the withers or pat the loins? Is it more rewarding to pat certain places than others?

A Tina Sederholm answers:

Patting or scratching are common ways to reward a horse when he does something right. I tend to use both methods according to the situation. Remember that you are primarily using this as a reward, and how your horse responds to that reward will let you know if it worked or not. For instance, I reward a horse who stands still when I mount with a scratch on the withers. This is because it has a calming effect.

If I am going cross-country and a horse jumps a fence well, I would pat him because I want him to feel clever and bold, and even raise his adrenalin a bit. I also use patting on the neck, but as a touch, rather than a strong action, when I am working on the flat. This is because it has a two-fold effect. It rewards the horse (I may add in a 'good boy' as well) and it makes me soften my inside rein. This, too, is a reward for the horse – when he has responded in the way I want, the aids are released.

When riding, you really only have places on the neck that you can touch as a reward. I do not recommend patting the loins, I would only scratch them after I have finished a session, on a horse I know well. Otherwise you are in danger of frightening him.

However, when you are on the floor you have a variety of options. You can scratch a horse between the eyes, although bear in mind the horse

needs to trust you to let you do this, because he cannot see what you are doing. You can scratch just behind the ears and at the top end of his crest. Many horses like this because it hits a nerve and makes them arch their neck. This I would do with a horse who I was playing with and creating a relationship with, rather than as a reward.

The same goes for massaging ears. This is a great bonding exercise, as well as being warming for your horse if he is feeling cold. You can stroke him, too, but many horses seem to prefer scratching because it is so similar to the mutual grooming they would do with another horse.

In conclusion, the best thing to do is watch your horse's reaction to the reward. If he tenses up or speeds away when you pat him, consider scratching or patting very gently instead. If you get the sense he enjoys the pat, then pat away.



Did you know?

➤ Recently, there has been a study that concluded that scratching has the effect of lowering the heart rate and causes horses to show more expressions of pleasure. This led the researchers to suppose that scratching was preferable to patting.

Remember, you are riding for fun, so find a horse who is fun to ride



WE is controlled

Who is making feed designed to keep your horse on its best behaviour?

WE is.

www.winergy.com

Q&A | VETERINARY MATTERS

OUR EXPERTS



Emily Haggett BVSc, DipACVIM, MRCVS is an associate at veterinary practice Rosedale & Partners.



Ollie Pynn BVSc, CertEP, MRCVS is a partner at veterinary practice Rosedale & Partners.

Too close for comfort

Q I'm considering sharing a horse who has been treated for kissing spines. What are kissing spines and how might they affect what we can do together?

A Ollie Pynn answers:

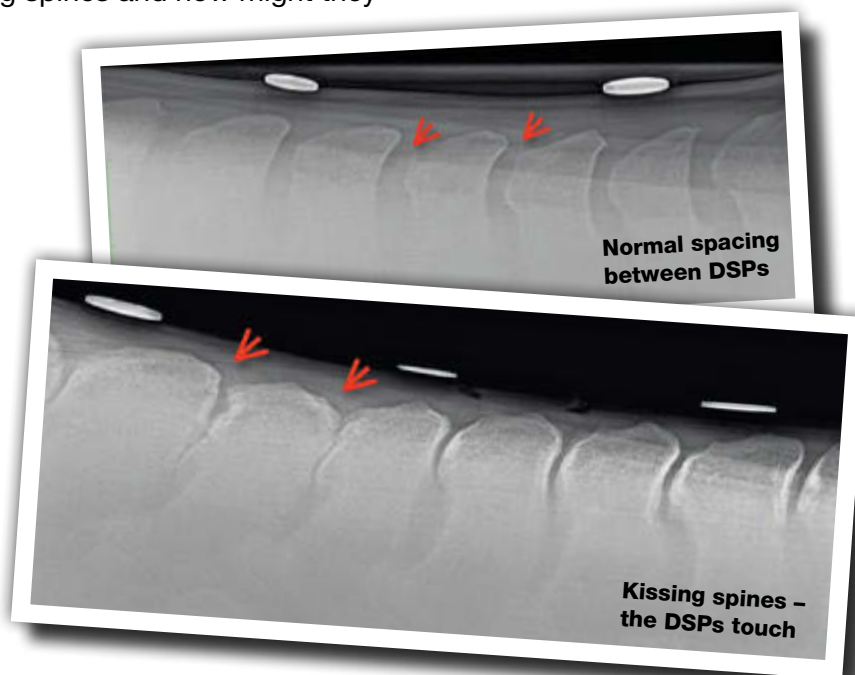
Kissing spines is a condition that refers to impingement of the dorsal spinous process (DSPs) along the horse's back. The DSPs are the vertical part of each vertebra, from the withers to the pelvis. They are most easily imaged using back X-rays and they should be evenly spaced, with a gap between each.

Sometimes, especially when a horse has a dipped back, the space narrows to the point where the DSPs start to touch, known as impingement. This most often happens in the region of the back under the saddle. Horses with this condition can show a vast range of clinical symptoms. Some exhibit no abnormal signs, while some may resent being tacked up, and some may buck and rear when ridden. Some may just present with poor performance or a poor jump.

Diagnosis relies on physical examination to detect back pain, stiffness and poor back muscling, X-rays, nerve blocks and sometimes a bone scan. There are various treatment options, including direct medication of the impinging DSPs with steroid, various surgical treatments, shockwave, other medications such as Tildren, chiropractic manipulations or acupuncture. Whichever treatment is used, the aim is the same – to make the

horse more comfortable, and then use physiotherapy and exercise to mobilise and strengthen his back.

Because different horses show such varying severity of clinical signs with kissing spines, it is very difficult to advise how this may affect what you'll be able to do with the horse. However, exercises to build his core strength and allow his back to lift and stretch, regular physiotherapy, good riding and a well-fitting saddle will all help to manage this condition and allow you to get the best from the horse.



Did you know?

► The horse's spine consists of five main areas – the cervical (neck), thoracic (ribcage), lumbar (loins), sacral (croup to the top of the tail) and coccygeal (tail) vertebrae. Horses have an average of 54 vertebrae, but it can vary from 51 to 58 – usually seven cervical, 18 thoracic, six lumbar, five sacral (which fuse together) and 18 coccygeal vertebrae.

Kissing spines most often happens in the region under the saddle



Riding on bute

Q There's a horse at my yard who is on one bute a day and the owner still rides him. If horses can't compete on bute, why is it okay to ride them on it?

A Ollie Pynn answers: Phenylbutazone, known as bute, is a non-steroidal anti-inflammatory drug, which is very commonly used in our equine patients. Because it does offer pain relief, it is considered a performance-enhancing drug, so horses are not allowed to compete while being treated with it. However, in horses who have low-grade, chronic lameness – for example, arthritis – it can be a very useful drug for keeping the horse sound, so that exercise can be continued.

Any horse treated in this way will be monitored by the attending veterinary surgeon to ensure that the condition is not deteriorating. There are possible side-effects of using bute long-term, which include kidney damage and colitis. It is also important to remember that any horse being treated with bute must have his passport signed so that he is excluded from the human food chain.



Cough it up!

Q When I ride my horse in the school, he always coughs a couple of times when we go into trot. This doesn't happen when I lunge him or when we go hacking. Is it something to worry about?

A Emily Haggett answers: Coughing at the start of exercise is relatively common in horses and is usually nothing to worry about. It is normal for horses to have a small amount of mucus in their airways and a cough at the start of exercise helps to clear the mucus from the windpipe to help them breathe more easily.

However, coughing at the start of exercise can also be a sign of inflammatory airway disease (IAD). This is a condition in which mild inflammation occurs in the lower airways, causing increased mucus production and mild airway hyper-reactivity. IAD can be caused by many triggers, but is most commonly associated with an allergic reaction to inhaled environmental dust and other particles. It is basically a mild form of equine asthma.

IAD can be associated with coughing, reduced performance and a prolonged recovery from exercise. If you're concerned this may be the problem, ask your vet to examine him. Your vet will usually take a sample from his lower airways, via an endoscope (pictured above) or using a sterile tube called a broncho-alveolar lavage tube, to confirm the diagnosis.

It is always a good idea to try to reduce your horse's exposure to inhaled dust and particles, as this can help reduce any lower airway inflammation. You can do this by soaking or steaming your horse's hay, bedding your horse on low-dust shavings or cardboard rather than straw, and trying to maximise ventilation in your horse's stable.

TOP TIPS

To help keep your horse's airway healthy...

- soak hay for 30 minutes – this is enough to reduce the dust without losing too many nutrients.
- allow your horse as much turnout as possible.
- feed from the floor to allow any mucous to drain out of the respiratory system.
- select a dust-free bedding and remove your horse from the stable when mucking out.
- damp down hard feed to reduce dust particles.



WE is healthy

Who is making healthy eating part of every meal?
WE is.

www.winery.com

Q&A | HORSEY SHOPPING

OUR EXPERT



Claire Williams is Executive Director of the British Equestrian Trade Association (BETA).

Head lines

Q I want to buy a new hat to compete in riding club competitions, but I've heard the regulations governing hats have just changed. How can I be sure I buy a hat that I can definitely compete in? I don't want to waste my money!

A **Claire Williams answers:** You're right, the longstanding EN 1384 riding hat standard has recently been withdrawn. This has left many riders wondering where they stand in terms of riding hat safety standards, and many UK disciplines and organisations considering their hat rules for the future.

Of particular interest to you is the fact that British Riding Clubs will continue to allow BS EN 1384 during 2015, after which it will no longer be permitted as the sole standard on a riding hat. It is important to note, however, that the standard has not been removed because it is unsafe.

EN 1384 has helped to reduce injuries and saved countless lives over many years and, when fitted correctly, hats with this standard will continue to offer the same levels of protection they have since the standard was introduced two decades ago.

Instead, the EU Commission – the body responsible for safety standards – is conducting a long-overdue review of EN 1384 and has introduced the VG1 standard for use in the meantime until the final version of EN 1384 is published in the next couple of years. In future, riding hats that have earned their CE (Conformité Européenne) mark based on the EN 1384

will have to be tested and certified to an alternative specification to allow CE certification to continue.

Therefore, riders competing under riding club rules can continue to wear their current hats, but if purchasing new hats for use after 2015, those with an alternative safety standard such as PAS 015, Snell, ASTM F1163 or the new VG1 – when it begins to appear at the end of the year – should be worn. The ASTM F1163 standard, however, is not suitable when a Kitemark is called for. It is also worth remembering that many EN 1384 hats that also sport another standard such as PAS 015 can still be worn in competition after the end of this year.

For many of the country's 1.6 million leisure riders, the revision to EN 1384 makes no difference at all. Hats bearing this standard are still on sale at all good retailers and, if fitted correctly, will continue to offer the same high levels of protection that they always have. For general advice on hat safety standards, visit your local BETA retailer, who will be happy to help.



Did you know?

If your riding hat suffers a major impact, you should change it. The part of the hat that does the work of protecting your head is the protective liner, made of high-grade polystyrene (like microscopic bubble wrap) that is in turn protected by a hard (fibreglass or plastic) shell.

On impact, firstly the shell diffuses the impact over a large area, then the liner reduces bruising to the brain by increasing the length of time it takes for the shock to meet your head. The bigger the impact, the more layers of bubbles will burst. So it's basically the hat liner that collapses, rather than your head. It is for this reason that if the hat suffers a severe blow – even being dropped onto a hard surface – it should be thrown away and a new one purchased. It is easy to replace a hat, but impossible to replace a head!

TOP TIP

If you compete at affiliated level, check your discipline's website for the standards your riding helmet(s) must carry to conform to their rules.

Neat feet

Q My horse's hooves are not in the best state. The changeable weather makes him prone to enlarged nail holes and pieces of the wall breaking off which is unsightly, though not a major health problem at the moment. How can I make them look as good as possible for early season shows?



A *Horse&Rider* says:

This is an annoying problem most of the year round, and while hoof health is best addressed by regular farriery and a balanced diet, there are cosmetic and therapeutic solutions available for horse owners.

Hoof putties and fillers are available from retailers and from your farrier – you pack the Play-Doh-like material into the holes, then smooth it off over the wall of the hoof. Once hard and dry, the repair will last for a

couple of days. For showing, you can disguise your repair using a thick, dark hoof coating – you'd be able to see the mend through a standard hoof oil.

For smaller imperfections, you can use cosmetic filler crayons in various colours to match your horse's hooves for a perfect finish at shows. For a more hard-wearing, long-lasting mend, you can buy epoxy-resin repair kits for hooves that set hard enough to be rasped by the farrier and even nailed through.

There are also antibacterial hoof putties available that can be used for filling holes in the wall and sole of the hoof to prevent the tissue inside becoming infected.

As always, if you have any concerns about your horse's hoof health, have a chat with your farrier or vet about which is the best solution to take.



The EN 1384 riding hat standard has been withdrawn, leaving many riders wondering where they stand in terms of hat safety standards

Did you know?

► As a rough guide, horses' hooves grow at the rate of approximately 1cm per month. It takes nine to 12 months for the hoof to grow from the coronet band down to the toe of the hoof. The rate of hoof growth is much faster in young horses than mature ones and is also faster when the weather is warm.

Doing the defuzzing

Q I manage to keep my horse's coat reasonable throughout winter until early spring, when his last clip is growing out, his coat is changing, he looks grotty and he gets extremely itchy. What's the best way to make him look and feel as good as possible?

A *Horse&Rider* says:

The best way to keep horses comfortable and looking reasonable at this time of year is to keep them clean and remove as much loose hair as possible. Regular grooming will address both these issues. There is a variety of products that help remove loose hair. A basic rubber curry comb is good and gives the horse a nice massage while defuzzing. Super Groomers are also good, and are great at removing mud both when dry and during washing.

Shedding blades are specially designed to remove winter coats. For example, products such as the Ultimate Groomer, the Furminator and the Equigroomer strip away dry dirt, scurf, undercoat and loose hair without cutting or damaging the coat. Products like these not only remove loose hair, but also promote a healthy, shiny coat if used regularly. Clean the build-up of dirt and scurf from shedding blades by tapping them on a hard surface.

In terms of general cleanliness, you can bath your horse or use a non-rinse body wash. These washes can be sponged or brushed onto areas that are sweaty or dirty until they're clean, and they leave no residue so you can towel or leave the coat to dry without having to rinse the product off. You can buy various formulations for cleansing, relaxing, bracing and so forth – look for antiseptic washes if your horse is prone to skin infections and problems.



WE is safe

Who is putting safety first?
WE is.

www.winery.com

Q&A | RIDING TECHNIQUE

OUR EXPERTS



Tina Sederholm is a riding trainer and author, who has evented to international level.



Perry Wood trains horses and people, combining classical riding with natural horsemanship.



Photo: Bob Atkins

TOP TIP

► There are plenty of websites available to help you find the right sharer for your horse. Be honest when writing your ad and list any quirks your horse has. Outline what kind of time commitment you're looking for and any financial contribution you expect.

Not getting on

Q The horse I ride at my riding school has started to run off every time I try to mount her. Once I manage to get on she's fine to ride, but it's made me nervous to go to my lessons. I would love some tips to make mounting up smooth and stress-free.

A Perry Wood answers: Changing a riding school horse's behaviour isn't easy because other people handle her on a daily basis and, to resolve the issue, all handlers would have to consistently use the same cues. That said, horses do respond differently to different people – you only have to take a look at the body language, attitude and approach of people with whom horses seem relaxed and confident.

It's the riding establishment that is responsible for the horse and her behaviour, and it sounds as though they are in breach of their responsibilities if they are giving you a horse with potentially dangerous habits. Also, it's not doing you any good becoming nervous as a result of an unsuitable horse.

If you are to continue to ride this horse, I suggest giving yourself lots of time and physical space during the saddling up process, and learn to take time with her at the mounting block. Never just dive on board, as this will inevitably cause you to bump on her back and cause her discomfort.

Q I have a lengthy commute into work each day that doesn't leave me much time to ride my horse. Is it okay to not ride him for a few days?

A Horse&Rider answers: As long as someone is looking after your horse's basic needs, and he's fed, watered and turned out as much as possible, it's not a big issue whether he's ridden every day or only a few days a week, although there are exceptions. Some horses may be a bit fresh after a few days off work, so if he's had a little time off, lunge him in his tack in an enclosed space before riding him, just in case he has a hooley. If he's had a lot of time off, plan his workload accordingly and gradually increase the length and intensity of your sessions to reduce the risk of injury. If your horse becomes anxious while having time off, why not think about finding a sharer? It can help to ease the financial burden of owning a horse, and you'll know that he's being kept fit and sane for the days you're able to get out and ride.

Did you know?

► If you're short on time but still want to get a good schooling session in, try lungeing. The physical demands of exercising your horse on the lunge for 20 minutes can be equivalent to an hour's schooling. Structure your session and make sure you do a good warm-up and cool-down. Include lots of transitions and change rein regularly. Be sure to wear a hat and gloves!

Naughty napping

Q After my horse's sharer overworked him about five months ago, he tends to nap in the school. It's got to the point where I am afraid to trot him because he bucks and bolts to the gate.

A Tina Sederholm answers:

Once a horse is sour in a certain working environment, it takes a bit of ingenuity to get him loving it again. I presume you have had your horse's teeth, back and saddle checked to make sure he is not in pain. Pain is one of the major causes of napping, so if you haven't had these areas attended to, do so now. Also, you might check other potential sources of pain – sore feet, a tight bridle or a badly-fitting bit. Do a full inventory of your horse and his equipment to make sure none of it is contributing to his behaviour.

Next, take a two-fold approach to helping him to fall in love with the school again and don't be afraid to ask someone who is experienced with this sort of behaviour to help you. First, you need to make it a pleasant place for him to be. Secondly, if he does bolt or nap, there needs to be a consequence that tells him the behaviour is not acceptable. To make the school a fun place to be, you could start by loose schooling him for a few minutes. Allow him to do what he wants – have a roll, sniff around, have a buck and a kick. Then loose school



Photo: Steve Bardens

him lightly. Don't make him work hard. Reward him with a carrot or a nice scratch all over his body. If he has plenty of energy, you could either loose school him again for a couple of minutes before repeating the reward, or pop his tack on and do five minutes' work. If he trots sweetly round the school, stop, take his tack off and let him have a roll or a carrot. Then put him away.

Repeat this at least four times over the space of a week or so. In between, take him out hacking, turn him out – whatever he loves to do. Gradually, over a month or so, increase the length of time you work him in the school, but only by a couple of minutes each session. Give him fun challenges if suitable, like

polework or jumping easy fences, but never push him too far. Always stop and give him rewards, such as rolling, carrots or scratching his withers and neck. If at any point he bolts back to the gate, give him a consequence, which in this case I suggest to be turning several tight circles before sending him forward and away from the gate again. Don't get angry. The key is to make him a bit uncomfortable. If you're quick, you can do it just as he begins to bolt so he never gets to the gate.

TOP TIP

► Horses love variety in their work. Spice up your schooling sessions with poles, small jumps and lots of figures. If possible, incorporate hacking or road work into your routine a few times a week so that your horse isn't in the school every single day. Don't forget to allow for relaxed days in the field, too!

Do a full inventory of your horse and his equipment to make sure that none of it is contributing to his behaviour

Did you know?

Vintage Olympics

Equestrian events made their debut in the 1900 Paris Olympics. Showjumping, polo, high jump, long jump and vaulting were the first disciplines to be included, with the current-day format of showjumping, dressage and eventing implemented in 1928.



WE is slow

Who is giving your horse time to eat properly?
WE is.

www.winery.com

Q & A | IN BRIEF

Three for two

Q Why are there three girth straps on most saddles when girths only have two buckles. Does each girth strap have a different function?

A Horse&Rider answers:

The main reason is that there's an extra girth strap (or billet as they're also known) if one breaks. This is not unheard of, especially with poor-quality saddles or tack that is not checked and cleaned often enough.

The girth straps are stitched to webs attached to the tree – the front one may be attached to the point of the tree, when it's called a point strap – and the stitching can perish or wear over time. Billets can also wear, stretch and potentially break – watch out for thinning leather and for long, stretched holes in the straps.

When it comes to their functionality, conventionally the first and third billets are attached to the girth for maximum stability. This arrangement can be changed to accommodate varying situations – for example, using the back two straps if a saddle slips back (check first that they aren't both attached to the same web, which could be risky), or the front



two if it slips forward. Point straps or rear balance straps can be added to conventional three-strap arrangements for added stability, and there are saddles available with four straps to provide more versatile fitting arrangements.

A safe, well-fitting saddle is essential for both horse and rider – if you have any doubts, consult your instructor and/or a Society of Master Saddlers saddle fitter.



Hot to tölt

Q Why do Icelandic horses have two extra gaits?

A Horse&Rider answers:

These amazing Viking horses (not ponies) are probably the oldest, purest-bred equines in the world. Their ancestors were first taken to Iceland in the 9th Century from Norway and Northern Britain – and indeed, they retain a passing resemblance to Shetland ponies. They adapted to become the perfect equine for the inhospitable, mountainous and volcanic Icelandic terrain, with two extra paces – the tölt, a running walk for negotiating broken ground, and the skeid, a flying, lateral pace for short bursts at high speeds.

Subsequent attempts to 'improve' the breed with Eastern imports were so disastrous that the Icelandic government forbade any further imports. Over the centuries, while horses in the rest of the world were being selectively bred for work on farms and for war, the little Icelandic hung on to his original movement. To retain the purity of the breed, horses cannot return to Iceland if they go abroad to compete – they have to be sold. Perhaps it's no coincidence that Icelandic horses are also strong swimmers with an amazing homing instinct!



WE and You. Keep your horse in great shape.

Careline: 01908 57 62 77 www.winergy.com www.facebook.com/winergyfeeds

WE helps keep your horse hydrated

Water makes up around 65% of a horse's body mass and is essential for health and performance. Research has indicated that fluid stored in the hindgut may provide an additional source of water and electrolytes.

It has also shown that horses fed a high fibre diet are less dehydrated after exercise than those fed a diet with limited forage.

WINERGY Equilibrium® feeds provide a higher fibre diet and all include alfalfa, which is thought to have a better water holding capacity than grass hays, potentially encouraging the development of a larger hindgut fluid reservoir.

CHAMPION[®]

A REPUTATION BUILT ON SAFETY

*Champion have been proudly making
a range of hats and helmets
certified to PAS 015 in the UK
For over 20 years*



VENTAIR DELUXE SKULL CAP

Chosen by many of the world's leading riders, the Champion Ventair deluxe helmet is a low profile, modern and lightweight helmet with a glass fibre shell for outstanding protection.

Incorporating a ventilated airflow system to help keep your head cool, the Ventair deluxe helmet is kitemarked to PAS 015 2011 for your safety and absolute peace of mind.



PIPPA FUNNELL

*Incorporates the confidence and peace of mind that
comes as standard with the Champion brand*

Bitten by the bug

Our expert



Danny Chambers
BVSc MSc
MRCVS
graduated from

Liverpool Vet School. He works in the equine department of Ardene House Veterinary Practice, part of XLEquine. Danny regularly volunteers in India and Africa, treating working horses, donkeys and mules.

Sweet itch is distressing for your horse and frustrating for you. Vet Danny Chambers from Ardene House Veterinary practice, a member of XLEquine, looks at the condition in more detail

Sweet itch affects more than 50,000 horses and ponies in the UK. It is caused by an allergy to the bite of any of the several hundred species of *Culicoides* midge. Although most horses will feel itchy when being bitten by midges or flies, some exhibit an extreme reaction, which is sweet itch.

The condition occurs as the result of the immune system over-reacting to the saliva of the midges when they bite the horse. It is known as a hypersensitivity reaction because the immune system is hypersensitive to the midge saliva. The resulting skin reaction causes an intense feeling of itchiness, known as pruritis. This causes the horse to bite, scratch and rub himself on any available surface, causing further trauma to his skin. The urge to scratch is so overwhelming that he will continue to scratch even when the skin is damaged, oozing and bleeding. This drives animals to distraction, causing untold suffering.

Spotting the signs

Midges tend to bite along the mane, around the rump and tail, and sometimes along the belly. Most of the skin reaction, swelling and trauma is seen along the mane and around the head of the tail.

Just like humans who suffer from allergies such as hay fever, the over-reaction that results in sweet itch is due to the genetic make-up of the horse's immune system. Members of the same extended family are more susceptible to developing certain allergies, but it is not directly inherited from a horse's parents. Native breeds of pony, Icelandic ponies and cob types are more prone to developing sweet itch than Thoroughbred types are.

The technical information

The immune system can mount different types of hypersensitivity reaction. Sweet itch is known as a type 1 hypersensitivity reaction. Common examples of this type of reaction in humans include hay fever and penicillin allergies. Once the body has been exposed to an allergen, in this case a midge bite, the immune system is sensitised, meaning subsequent exposure will result in an immediate allergic response. This means that the horse has to have been exposed to midge bites to become sensitised, even though the first bite might have been many years ago.

It is not unusual for your horse to develop sweet itch for the first time when he moves to a new premises with a larger population of midges. If he hasn't encountered many midges before, his immune system is unlikely to be sensitised, so the first year living among midges may result in very little or no reaction. The following year, once the midge season starts and the horse is re-exposed to midge bites, a severe hypersensitivity reaction can occur.

When performing a pre-purchase exam on a horse for a prospective buyer, a vet will flag up sweet itch lesions as a possible issue. However, if a horse prone to sweet itch has not been exposed to midges for many months or years, or has been well-managed, there may be no evidence of this allergy. When the horse arrives at his new home, if there is a large midge population, sweet itch can flare up within days. This can be frustrating for the new owner, but goes to illustrate that the condition can be controlled and managed to the point where the horse is perfectly happy and there is no skin damage whatsoever.



Most of the irritation and trauma is seen along the mane and around the head of the tail



Managing sweet itch

Getting on top of this condition can take a lot of effort to begin with. But don't lose heart – once it is under control and a routine is established, it requires relatively minimal effort on a daily basis, and the transformation in your horse's quality of life is very satisfying. There are three overall strategies to manage sweet itch...

- **Reduce the number of midges in your horse's environment.**
- **Prevent midges from coming into direct contact with your horse.**
- **Treat the sweet itch if it flares up.**

Often a combination of all these strategies is required. Ideally, the first two will prevent the need to treat flare-ups, or at least reduce the amount of treatment required should they occur.

STEP 1 Reduce the number of midges
Midges breed successfully on wet land with still water – for example, marshes, waterlogged fields, and near streams and ponds. They also like the shelter of woodland areas, so a pond surrounded by trees is the ideal midge breeding ground. Avoiding land with these characteristics is essential if you are to successfully manage sweet itch.

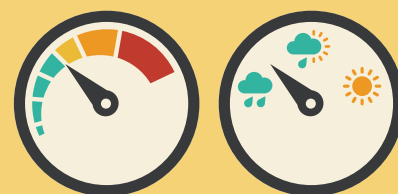
For severe cases of sweet itch, the most practical, successful and cheapest long-term management strategy may be to relocate the horse. A windy hillside is ideal, but look for somewhere exposed to the prevailing wind, with few trees and no standing water. While it may seem like an extreme solution, in the long run it will avoid many years of struggling to control the condition, with the associated cost, time and stress. Indeed, anyone who has struggled for

Start early

The midge season depends on the weather and temperature, so it varies slightly from year to year.

As a general rule, a mild, wet winter will result in a greater number of midges the following spring and summer. Most years, midges are active from mid-April until the end of September.

It is of paramount importance that the measures to prevent your horse from being bitten are put in place before the first midges of the year emerge. If they are only put in place after the horse starts to feel itchy, there is already an uphill battle to fight, probably involving prescription medication to rescue the situation. If the horse is not bitten at all, he will not require any treatment because sweet itch lesions will not develop.



years to cope with a horse suffering from severe sweet itch will tell you that this solution actually requires the least long-term effort.

If moving premises is not an option, adapting the environment by draining marshes or waterlogged pastures will prevent the midges from breeding, hugely reducing the burden.

It's also worth exploring all the pasture you have available, because different paddocks on the same premises will often have a significant difference in the number of midges.

MIDGE FACT

Midges cannot fly against winds greater than five miles per hour, so placing a fan in the stable will prevent them from flying in.

STEP 2 Prevent contact with midges

- Keep affected **horses stabled** from 4pm until 8am to avoid times of peak midge activity.
- Place **fly screens or insecticide-impregnated mosquito nets** at stable doors to prevent the midges from entering the stables.
- A **good-quality, full-body rug** that completely covers up the head, neck and belly will prevent the midges from coming into contact with the skin and biting. Many owners are reluctant to purchase an expensive rug because their itchy horse has destroyed a new rug in hours. But the aim of the rug is to prevent midges biting the horse in the first place, so it only works well if it is used well before the midge season starts. If your horse is already scratching, before you buy an expensive rug speak to your vet about tablets or injections that will stop your horse from feeling itchy. In theory, if these drugs are given, your horse will not be feeling itchy and will not destroy the rug.
- **Insect repellents** make horses less attractive to midges and flies in general. Speak to your vet to find one that is most effective and suits your situation. I usually recommend applying products that contain permethrin or cypermethrin. It is common for owners to rely too heavily on insect repellents, believing that if they could find the right one, the horse would be cured. It cannot be stressed enough that these repellents work alongside other control measures and used alone will be ineffective.
- Oils and greases can provide a protective barrier as midges struggle to bite through them. **Tea tree oil, citronella oil and garlic oil** are suitable. As with insect repellents, oils and greases can help as part of a control strategy, but used alone won't be effective.
- A natural food supplement available from your vet, containing a specific type of Vitamin B3 called **nicotinamide**, can help to improve the skin's natural oil barrier by increasing the amount of fats on the skin surface, making it harder for the midges to bite. It can also help to reduce the feeling of itchiness. This comes in both oral and topical forms, which should be used together starting a month before midge season. Once again, this is only useful when administered alongside all the other management factors discussed.

STEP 3 Treating a flare-up

Horses who have full-blown sweet itch will require veterinary intervention to quickly stop the severe itchiness so the various management factors can be instigated.

Even if your horse is well-managed, despite all your best efforts he may have an occasional flare-up of sweet itch and need rescue therapy in the form of drugs from your vet. This typically happens because a rug is removed, or your horse accidentally gets turned out overnight, allowing exposure to midges. In very sensitive horses, just a few hours of exposure to a high density of active midges can result in full-blown sweet itch. It is important to begin treatment quickly before the skin gets inflamed and the horse self mutilates. Timely and aggressive treatment will result in a very short term blip until the routine management can resume.

The only truly effective drugs are steroids.

These work by reducing the immune system response to midge saliva, preventing the hypersensitivity reaction. They can be injected or administered orally as tablets. Steroids provide the horse with fast, effective relief from the intense itchiness, so they are very useful at getting sweet itch under control. This allows the horse to be stabled without destroying the rugs and stables by aggressively scratching himself. There are steroid creams available from your vet to treat very localised lesions, but usually the area affected is too large to treat with cream.

Despite the success of steroids in treating sweet itch, vets try to avoid using them long-term because there are side effects, including an increased risk of laminitis.

Antihistamines such as piriton are popular among horse owners, but their effectiveness is disputed and they do not normally stop the horse from feeling itchy. They require very high doses and can sometimes make horses feel drowsy.

There is no cure for type 1 hypersensitisation,

so a horse who develops sweet itch one year will be at risk for the rest of his life. However, with appropriate care and attention, and a good management regime, it is possible to prevent flare-ups from happening.

I still can't stop my horse from scratching!

If all these management suggestions have been put in place and your horse is still scratching, it's time to have a discussion with your vet. Your horse may need to remain on a low dose of steroids during the midge season to keep the condition under control.

There are other allergies and skin infections that look similar to sweet itch but have a different cause, so will need different treatments...

➤ **Mites and other parasites** that live in the skin can cause the horse to feel itchy all over.

➤ **Pinworms** that live in the horse's intestine can cause the rectum to be so itchy that the horse self mutilates the tail by constantly scratching.

Both of these conditions can be easily and successfully treated if they are not confused with sweet itch. Remember, a horse with sweet itch could potentially be suffering from more than one condition!



Rambo® Sweet Itch Hoody Vamoose®



The Horseware® Vamoose Collection



Make your horse a fly free zone

- Treated with effective and powerful Vamoose anti-insect technology.
- Vamoose is a synthesized form of Permethrin, a naturally occurring biocide found in the Chrysanthemum flower.
- Look for the Vamoose mark to keep flies and irritating insects at bay this summer.

A weighty issue

Equine metabolic syndrome and insulin resistance are conditions we're hearing more and more about, but they can be confusing to understand. Vet Richard Morris from Fenwold Veterinary Practice, a member of XLEquine, tells you everything you need to know

Our expert



Richard Morris BSc BVetMed CertVD MRCVS, runs a dermatology clinic at Fenwold Veterinary Practice, a member of XLEquine, dealing with all aspects of dermatology. He has a particular interest in treating equine allergic skin disease and sarcoids.



Obesity is a hot topic at the moment, with a large percentage of people being significantly overweight. But it's not just a human problem. Our equine friends are also becoming part of the obesity crisis. Being overweight can cause horses serious health issues, making overweight equines just as much a welfare concern as underweight ones.

Because so many horses are now overweight, it is becoming normalised and many people fail to recognise when a horse is carrying too much condition. But it's important to try to crack this epidemic to help improve the health of the equine population. Let's take a look at two of the main problems affecting horses who are overweight – equine metabolic syndrome and insulin resistance.

What are metabolic syndrome and insulin resistance?

Equine metabolic syndrome (EMS) is a hormonal disorder that is similar to type 2 diabetes in obese people. It is the result of excessive feeding and limited exercise, and it is characterised by laminitis, obesity and insulin resistance. EMS is one of the causes of Cushing's disease – the most commonly encountered equine hormone disorder. Cushing's also causes insulin resistance, which is the inability of the body to respond to insulin, causing insulin levels to become dangerously high.

Insulin is the hormone responsible for regulating blood sugar levels. If the body is unable to respond to it, insulin resistance develops and blood sugar levels cannot be regulated, precipitating a diabetes-like illness.

Equine metabolic syndrome is similar to type 2 diabetes in obese humans and it is one of the causes of Cushing's in horses

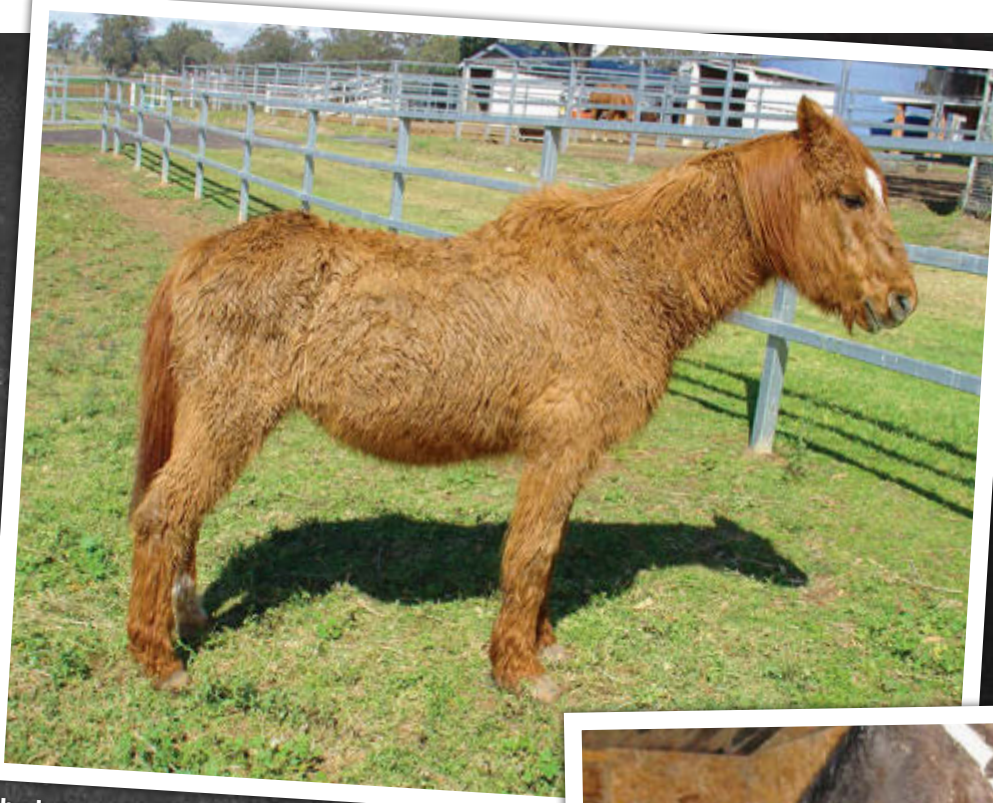
A range of symptoms is seen in horses with Cushing's, including...

- * an excessively long coat (hirsutism).
- * excessive sweating.
- * secondary bacterial skin infections.
- * susceptibility to parasites.
- * oral ulceration and dental disease.
- * recurrent bouts of laminitis.
- * excessive thirst and urination.
- * lethargy.
- * bulging of the supraorbital fat pad (above the eye).
- * muscle wastage and a pendulous abdomen (pot belly).

There are two ways horses and ponies can develop Cushing's disease...

1 Pars pituitary intermedia dysfunction (PPID)
Typically, the hormone dopamine, which is secreted by the hypothalamus in the brain, inhibits the production of hormones from the pars intermedia area of the pituitary. In older horses, the production of dopamine is reduced due to ageing, and this allows uncontrolled proliferation of the pars intermedia and excessive production of hormones and peptides, including adreno corticotrophic hormone (ACTH), alpha melanocyte stimulating hormone, beta-endorphin and corticotrophin-like intermediate peptide (CLIP). These have many effects, including stimulating the pancreas to increase levels of insulin (insulin resistance). PPID is seen most commonly in horses over 15 years old, of any breed.

2 Equine metabolic syndrome (EMS) (also known as peripheral Cushing's disease)
EMS develops due to excess deposition of fat and reduced activity (similar to type 2 diabetes in people). It is seen more commonly in younger horses and ponies (four–15 years old), particularly in native breeds such as Shetlands and Welsh Ponies, and also Morgan Horses and Arabs. Depression is a symptom recognised in people suffering from type 2 diabetes, and mental dullness and lethargy are often seen in horses and ponies suffering from Cushing's.



The long, curly coat typical of Cushing's



Horses with the condition tend to sweat excessively

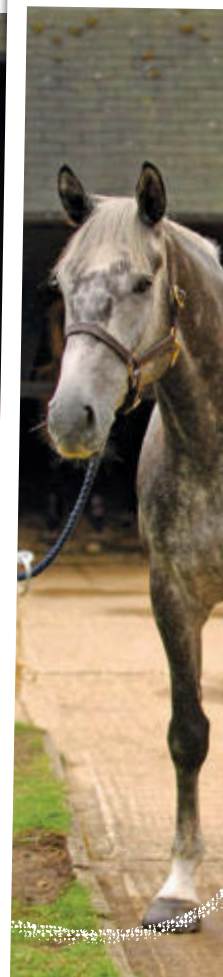


Laminitis is a common problem in horses with Cushing's



Horses with this condition often lack the hollow above the eye

Use your hands to feel how much fat is covering your horse...



The danger of fat

Fat is made up of fat cells called adipocytes, which produce hormones. These hormones act as inflammatory mediators and inhibit insulin. Fat cells also convert inactive cortisone back into active cortisol, and this is particularly dangerous.

Cortisol has many effects, including reducing normal repair mechanisms, weakening hoof laminae and increasing the vasoconstrictive action of adrenaline, causing peripheral blood vessels to shut down, which can precipitate laminitis. Because EMS is a result of laying down excessive fat due to limited exercise and overfeeding, it can be prevented by appropriate exercise and controlled grazing.

What's the score?

The body can be given a score on whether it is too fat, too thin, or just right, and this is called the body condition score. Several different scales exist, but there is a very useful one on the Blue Cross website, bit.ly/bluecrosscondition (or visit the H&R website and search for condition scoring).

Body condition scoring is the most practical method of assessing a horse's weight and can be used for any breed or type of horse or pony. Because fat can be stored unevenly, the body is split into three areas – the neck and shoulders, the middle, and the quarters. They are assessed by feel and sight, and an average for the overall individual is produced.



Getting a diagnosis

If you think your horse or pony might have Cushing's or EMS, you should contact your vet who can take a blood test at the yard to check his blood insulin levels. To be accurate, this should be taken after a six-hour fasting period. It will then be sent to a specialist lab for testing.

Most results produce a definite positive or negative result, but some are not clear cut. In these cases, a combined glucose/insulin test or in-feed glucose test can be carried out. These tests take several hours to perform and are more involved, so they are probably better carried out at the veterinary clinic.



...and check the plumpness of his quarters from behind

It's a matter of management

Management changes to promote weight loss and bring the condition score back to three out of five are the mainstay of treatment, and include...

- increasing the amount of exercise to 30 minutes of trot and canter four to seven times a week, providing the horse is sound and not suffering from laminitis.
- feeding a high-fibre diet at 1.5% body weight only, with a vitamin and mineral supplement, and removing cereal and grain from the diet.
- soaking hay for 14 hours, which reduces the calorie content.
- reducing grass intake by strip grazing and fitting a muzzle.



Being overweight can cause your horse serious health issues – obesity is the second most common cause of equine fatalities after colic

If the crest is thick and hard, and the rump is bulging with a spongy pad of fat on the tail head, the horse is too fat and at risk of developing EMS. Horses should have a condition score of about three out of five. If their score is higher than this, they are overweight and have too much fat stored in their body. Obesity is the second most common cause of equine fatalities after colic, precipitating diseases such as laminitis, hyperlipaemia and arthritis, and heart and lung problems.

Medical support

There is no cure for EMS, but if your horse is diagnosed with the condition, he can initially be treated with drugs while introducing management changes as a long-term approach to control the disease. Drugs that can be prescribed by your vet to help EMS include...

- **Metformin** is a drug used to treat type 2 diabetes in humans and it may help some cases.
- **Pergolide** has recently become licensed to treat Cushing's disease.
- **Levothyroxine** has been used with some



Regularly check your horse's weight

success and induces weight loss by stimulating basal metabolic rate.

Other drugs have been recommended and tried in the past, but have had limited success. As well as treating the underlying EMS, attention to other problems including treatment of bouts of laminitis, regular dental care, grooming, clipping and foot care are essential to help the affected individual return to full health and vigour.

Once a horse or pony develops equine metabolic syndrome, he will only recover if the way he is managed is adjusted to help him maintain a healthy weight. It's difficult to spot changes in condition when you see your horse every day, so weigh tape him and condition score him regularly to ensure you're keeping on top of it. If you can keep his weight down, he should be happy and healthy for many years to come.

★★★ Rate this feature

Go to tinyurl.com/RateSpring15 for a chance to win a Mountain Horse Crew jacket (see p9).

Show stoppers

Lynn Russell
showing clinic
part 1

Discover the secrets of winning turnout with showing star Lynn Russell



Lynn Russell is a genius at finding and nurturing equine showing talent. You may have seen her riding her fabulous cobs into the ribbons at the big shows and championships. What you might not know is that those gleaming, beautifully-schooled and conditioned horses you see Lynn riding arrive at her yard straight off the boat from Ireland, scraggy, dirty and untrained. A few months in Lynn's care and they're transformed, and contending some of the biggest showing classes in the UK.

So how does she do it? And what can we learn from her to improve our own horses' condition, turnout and chances of success in the show ring? *Horse&Rider* spent the day with Lynn to find out.

What you'll learn

In our new series, Lynn will explain...

- conformation and tack for showing – the good, the bad and the ugly.
- strategic trimming for clean limbs and a quality head.
- making the most of manes, including hogging hints.
- tail treatments for a fab rear view.

You'll be amazed at the difference clever clipping and trimming, plus the correct tack and turnout, make to every horse. In her exclusive clinics for *Horse&Rider* magazine, Lynn will show you how to do these yourself! She continues the story...

Amateur championships

The horses featured in this showing series are ridden and owned by amateur riders, not professionals like me. As an amateur, there are lots of opportunities to compete against your peers and have your showing talent spotted and nurtured. You can compete in special classes not open to professional riders, such as Search for a Star, and qualify for glamorous championships at the Horse of the Year Show (HOYS), the Royal International Horse Show and the new Equifest championship show in Peterborough. If you want to know more, search online for Search for a Star, TSR (The Showing Register) and Equifest to find out what's involved.

Before

Here I am standing up Calato, already looking pretty good...



After

Discover how I make him show-ring ready

Trimming and presentation make a great deal of difference when preparing a horse for showing



Making over a working hunter

In this series, I will showcase horses owned and ridden by my pupils. The horses came to the clinic unwashed and with their usual tack. This month, I'm assessing a cob's and a hunter's conformation, and will show you how they can look like winners with the correct saddle and bridle!

Conformation essentials

Conformation is very important. Lots of people buy a horse because he's a nice colour. No good horse is a bad colour!

Conformation is the foundation of your entire use of your horse – it doesn't matter if he's a show horse, a showjumper, an eventer or a hacker. If he's put together properly, the law of averages means he should remain sound. If he's not put together correctly, then his weight bearing will be affected – his load won't be carried correctly and it could cause problems.

When you're assessing a horse, first you need to look from the elbow down. With all horses, you can change the shape of the topline, but you can't change the conformation of his legs. This means the limbs are the first thing to consider.

Calato before

Liz Pellett has owned **Calato**, a nine-year-old, Holsteiner gelding, for two years. She bought him to event and says: "Calato's got a great jump, but he's not brave. He gets halfway around the cross-country and decides to come home!"

Liz tried an Equifest Working Hunter qualifier and won. The judge then suggested she try Search for a Star. Liz says: "We came third and qualified for HOYS. It was suggested I come to Lynn for lessons and I love it! I'm hooked."

I like this horse a lot. When I first saw Calato, he was very lightweight, but heavy in front. I've given Liz schooling and feeding advice, and he's twice the size now! I'm helping her in the run-up to HOYS, and I've also suggested she try Search for a Star working hunters and hunters.



Lots of people buy a horse because he's a nice colour. No good horse is a bad colour!

Calato's conformation

He's got a very good shoulder – as you can see, it's at a 45° angle, which gives plenty of room for travel. He's a really good mover and when you ride him, you get the sense that there's masses of horse in front of you, which is good.

His hoof-pastern axis is good, but his feet let him down at the moment. His farrier has put some filler in because Calato wasn't keeping his shoes on. One of the problems with horses who move very well in front is that they flick their toes forward and eventually move the front shoes. Hopefully, good feeding and schooling will help solve this issue.



Calato has quite good forelimb conformation. He's slightly tied below the knee which means this little bit of bone (indicated above) is slightly narrower. He's not back at the knee, which is when the limb curves back, nor over at the knee, which is when the horse stands over his knees, which are both real conformation faults.

If you're looking for a horse for jumping, look at the length from the point of his hip to his hock. You want him to have a good amount of space here, which Calato has. The longer this space, the more active he can be behind. It's much easier for a horse built like this to get his hocks up and underneath him.

Watch out for...

Consider the hindleg of the horse. First, I check for curbs by looking at the leg from the hock down. Instead of the joint being absolutely straight all the way down, as it is with Calato, a leg with a curb goes down straight to the base of the joint, then a little bit of bone sticks out, then it goes down straight again. A curb is a weakness. If you want a horse for hacking it's probably okay, but if you want a horse for competition, it's not acceptable because it's a weakness in the joint – in the show ring, it's an absolute no-no.

Calato's original tack

The bridle for a hunter needs to be heavier, with a broader noseband and a browband that actually fits!

With Liz's saddle on, Calato's shoulder doesn't look so good – the saddle blocks it. He needs a much straighter-cut saddle.

The saddle will put the rider in the wrong position. Owner Liz has long legs, but she will have to ride quite short because of the short flap and the knee roll. She needs to be in balance with Calato, and with this saddle she won't be. Also, it probably won't be comfortable for the judge when he or she rides.

Double bridle bits are fine if the horse is happy with them, as Calato is.



The comfort factor

Calato is a very good mover, with a canter to die for. This is important for a show horse, and especially for a hunter, because a lot of the time out hunting you will be going quite fast. I put side-saddles on most of my horses, so it's extra-important that my horses are comfortable with a good canter.

It's a good idea to look at a horse loose in the school to see if he will be a comfortable ride. Without a rider, you can watch the horse moving naturally and see how much movement he has in his back, and assess whether he will be comfortable or not.

Because Calato is a warmblood, he tends to have a very exaggerated trot. Liz's schooling must focus on teaching him to carry himself and be light in front. If a horse pulls you out of the saddle, it's very uncomfortable.

Calato after

Here's our grey hunter cleaned up, trimmed and in the correct tack for working hunter classes, and he looks lovely – 'proper serious' as they say.

The bridle looks good and enhances his head.

The browband fits.

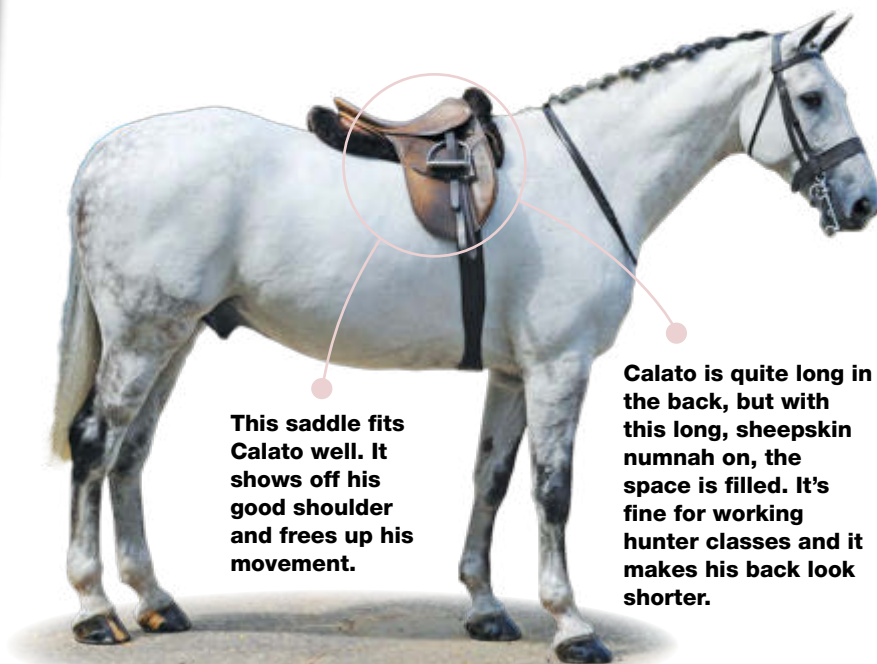


The buckles sit almost in line with his eye – this is technically correct.

This broad, flat noseband is the correct width for a hunter.

This saddle fits Calato well. It shows off his good shoulder and frees up his movement.

Calato is quite long in the back, but with this long, sheepskin numnah on, the space is filled. It's fine for working hunter classes and it makes his back look shorter.



Until you've fed him **Calm & Condition®**...
...you'll never know how **glossy** his coat could be



Calm & Condition®

- Barley and molasses free, low starch and low sugar*
- For horses and ponies at rest to hard work
- Ideal for horses and ponies that need to put on or maintain condition
- Quick soak in less than ten minutes



ALLEN & PAGE
QUALITY HORSE FEEDS

*For friendly and helpful advice, contact our
award-winning nutrition helpline today 01362 822 902,
email helpline@allenandpage.co.uk*

Quote Ad Reference: glossy1

*When compared to traditional diets with comparative energy levels

www.allenandpage.com

Creating a classy cob

As the old saying goes, 'Cobs should have the face of a duchess and the backside of a cook'. So how does Frankie stack up?

Frankie before

Kinard Frankie, an eight-year-old, 15hh Irish cob, has been owned by Jenny Nolan for 10 months. Jenny came to me for lessons because she'd had a fall and lost her confidence, but with some help – and a new saddle – she and Frankie have started to form a good partnership and are tackling some showing classes. Frankie is a good stamp of cob with a great attitude. Always consider the horse's temperament – it's very important. Safety is the first consideration for amateur riders.

Frankie's conformation

He has very clean joints – meaning there's no build-up of excess fluid. That's because the hock joint is correct. If the hock joint is upright, there's more chance of a build-up of excess fluid.



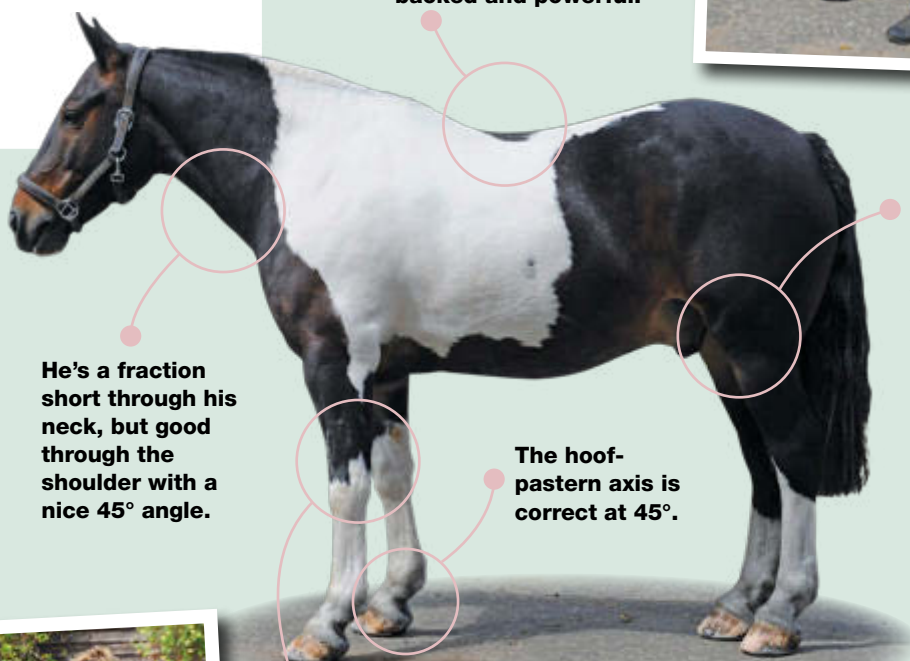
Frankie is short-backed and powerful.

He's very healthy, but his coat is dry – if you bathe him, he'll be clean but he won't have that extra shine. He needs a little bit of help from within, perhaps from a supplement to condition and improve his coat.

He's a fraction short through his neck, but good through the shoulder with a nice 45° angle.

He has a good, strong second thigh and is quite well muscled.

The hoof-pastern axis is correct at 45°.



I really like Frankie's front leg conformation. He has a good, short cannon bone. He also has plenty of 'bone', (the circumference measured just below the knee). Lightweight cobs should have eight-and-a-half inches of bone, heavyweight cobs at least nine inches of bone.

His tail is set on a little bit low and the trimming is appalling – but that could be improved.

Frankie has just been shod and his feet are good – they are a pair. His knees match and so do his fetlocks. His foot balance is good. I've found that white feet can be a little more brittle and prone to losing shoes in the summer, but Frankie's are fine.



Frankie's original tack

This is Frankie in his everyday tack.

The bridle is too lightweight and inappropriate for showing a cob. For showing, he shouldn't have a martingale – the exception is working cob classes, where horses jump.

The numnah is terrible! It should be brown and fit the saddle.

The saddle sits on top of him, not into him. He needs to have a straighter-cut saddle to show off and free up his shoulder.

The flap is too short, which means the ride judge will get their boots caught and not be able to sit in the correct position.

He should have a leather girth rather than this synthetic one.

The judge's ride

In most show classes, judges will want to ride the horses. Should you have other people ride your horse to prepare him for the judge? It's difficult. You don't want anyone riding him who's not capable of doing so. It's like showing a horse under a bad judge – it takes two minutes to ruin six months of training.

I run showing clinics where we have mock show classes and people swap horses so we can practise having a 'judge' ride in a safe, controlled environment. Otherwise, you need to find someone of a similar standard of riding to you, but of a different build and weight, to ride your horse occasionally and give him the feel of another rider.

Frankie after

Here's Frankie looking like a proper show cob – and guess what, he won the championship at a big show the very next day!

The bridle is a better weight with a nice, broad, flat noseband.



The saddle sits into him and is more straight cut so it shows off his shoulder. He'll be able to really move in this. The flap is longer so the ride judge will be more comfortable in it.

The discreet brown numnah is ideal.



Jenny rides Frankie in this Swales bit – a pelham where the ring works independently – which is acceptable in cob classes. A more conventional pelham would be fine, too. A pelham with double reins (not roundings and a single rein) is correct for showing. All my cobs go in pelhams – I only have one who goes in a double bridle.



Next month

Find out how Lynn makes manes look fabulous – hogged or plaited!

★★★ Rate this feature

Go to tinyurl.com/RateSpring15 for a chance to win a Mountain Horse Crew jacket (see p9).



Sweet-Itch advice
01352 840333
01352 771718
email:info@itchyhorse.co.uk

The **Boett Blanket** the original sweet-itch blanket, favoured worldwide as it really does work. See the rapid and impressive results for yourself.

From £165.50 inc. VAT and next day delivery.
Recommended by Veterinarians.



Bio-Plus Equine Capsules

A breakthrough in the treatment of Sweet-itch. Trialled for 8 years, non steroidal, fully patented and proven to be safe, with 90% of horses showing an improvement in their symptoms.

Feed one a week throughout the year
3, 6 and 12 month packs from **£75.00.**

NOW AVAILABLE FOR ITCHY DOGS AND CATS
The National Sweet Itch Centre
www.itchyhorse.co.uk

FREESTEP
www.freestepsuperfix.co.uk

LAMALERT

Natural Nutrition for reducing obesity fat pads/cresty necks in horses.

Bringing everything a horse needs from the native environment into their daily diet.

For horses that gain weight on fresh air, have cresty necks and fat deposits around the tail and shoulders.

We offer a free advice service for diet and routine for obese horses and ponies prone to laminitis.

Lamalert can also be fed as a preventative.



FREESTEP
www.freestepsuperfix.co.uk

+44 (0)1902 791743 +44 (0)7525 818730



Celebrating 44 years of
product design
technical innovation
formulation
manufacturing
experience



Joint Aid **Plus** for Horses

Proven nutraceutical support to maintain sound, healthy joints in all horses and ponies.

- ✓ Maintains flexibility of movement in all horses and ponies.
- ✓ Supports the natural regeneration of cartilage and synovial fluid.
- ✓ Helps maintain the natural anti-inflammatory actions of the equines' metabolism.
- ✓ Contains high levels of Omega 3 to support optimum health and performance.
- ✓ Contains 12 active nutraceuticals, including: chondroitin, collagen, glucosamine and MSM.
- ✓ Contains the Oatitol Delivery System to maintain a healthy digestive tract and a high rate of absorption of essential nutrients, vitamins and trace elements.
- ✓ Wheat gluten free.
- ✓ 100% Non GM, soya free formulation.
- ✓ Manufactured as very palatable and easily digested 2mm pellets; perfect for mixing with the equines' normal feed.
- ✓ Quick and easy to feed.

gwf nutrition.com[®]

Or call: 01225 708482 for information, feeding advice, stockist details or to order.

KEEP PREDATORS OUT

- Fox Busting Netting Kits
- Poultry Netting Kits
- Protection from Badgers & Rabbits
- Garden and Pond Protection
- Bowling Green and Sports Field Protection



KEEP ANIMALS IN

- Horse Kits - Permanent & Temporary
- Poultry Netting
- Pig Systems
- Dog & Cat Containment Systems
- Cattle Fencing
- Sheep Three Reel Systems



CALL 01620 860 058

info@electricfencing.co.uk
www.electricfencing.co.uk



The Electric Fencing Specialists

CONTROL RAGWORT

ALL YEAR ROUND

with



- Environmentally friendly agricultural herbicide
- 5L spot spray with applicator
- Easy and ready to use
- Kills ragwort in record time
- Stops the seeding process
- Eliminates back breaking digging

www.ragwort.com

Barrier Animal Healthcare, 36-37 Haverscroft Ind. Est. Attleborough, Norfolk

PONY: The Annual 2015

100 all-new pages packed with:

- How to be a showjumper
- A day in the life of a groom
- How to get ponies to like you
- Great stories
- Plus lots more!



Hurry!
Limited stock
available

ONLY £12.99

WWW.PONYMAG.COM/SHOP

Price excludes postage



- Targets skin conditions such as Sweet Itch
- Cools and soothes hot, itchy skin
- Powerful repelling qualities
- 100% natural
- 2 in 1 lotion & spray
- Phenomenal results!



TALK TO US! →

+44 (0)1548 521777
talk2us@flintsyard.com

www.flintsyard.com

The Proof is in the Paddocks!

Can you tell the difference?

Horsemat Ltd.

The Equine Matting Specialists.

T: 01787 880433 E: sales@horsemat.co.uk

www.horsematshop.co.uk



Install the Heavy Duty Grass Protection Mesh this spring to avoid muddy gateways and other areas during the winter.

Like us on
facebook



PULL OUT
& KEEP

Part two

Field notes

This issue, we look at what important tasks need to be undertaken to ensure you have perfect paddocks from July right through to December, as well as examining your fencing options

The summer and autumn months are the busiest time for pasture management, and arguably the most important thing to monitor in your horse's paddock is the rate of grass growth. This can be difficult when horses spend a lot of time on the pasture, but look at the outside of gateways that aren't being grazed to help you monitor how much – or little – grass is growing.

If your horse needs his grass intake limiting, knowing when there is a fresh flush growing will help you manage his weight. Equally, it's important that paddocks aren't over-grazed, and if the grass growth tails off and the existing blades are already short, you may wish to consider limiting turnout or adjusting your regime to prevent bald patches.

In a normal year, grass growth reduces as rainfall drops in summer, then a flush of lush, nutrient-rich grass follows in autumn. This can be a cause for concern if your horse is at risk of laminitis or needs his weight managing, but it's great news for replenishing paddocks that have suffered in the summer months.

Turn over for
the second part of your
pasture management
calendar

Pasture management

Part two

JULY

- Continue to monitor and react to grass growth, and manage your horse's grazing accordingly, as grass production can slow down at this time of year.
- Keep topping and mowing to maintain grass length at 5cm – this also stops weeds from flowering and setting seed.
- Keep an eye out for moss forming – this is a sign of poor drainage and compacted soil. An agricultural consultant will be able to advise, but regular harrowing and spiking can remedy less serious cases of moss growth.
- Fence off damaged areas to allow grass to regrow. Consider whether overseeding is needed on bald patches.
- Continue to be on the lookout for ragwort and other poisonous plants.
- If you have a muckheap that needs moving or rebuilding to improve access, pick a dry spell – the muck will be much lighter when it hasn't rained for a while.
- Keep your paddocks sweet by poo-picking every day. This will prevent sour, long grass from growing.
- Regularly clean out water troughs – this is important in warm weather when algae can take hold more quickly.
- If you have set aside some land for a hay crop, keep a close eye on it, ensuring any large weeds, particularly ragwort, are removed before the grass is cut.

With the better weather and long days comes more time to repair and prepare. Scrub troughs and fix pipes, fence off damaged ground to allow for regrowth and any fertiliser treatment, wage the war on weeds, and maintain or replace fences and hedgerows before the winter sets in.



Poo pick every day



SEPT

- Check water pipes are adequately protected from frost where they run above ground.
- Begin to keep an eye out for acorns and sycamore seeds, both of which have the potential to cause serious issues. Sycamore has been linked to atypical myopathy and acorns can cause bad colic.
- Be aware of the autumn flush of grass and manage turnout according to individual needs.
- You may need to top fields one final time to take advantage of the last good grass growth.

OCT

- Double-check all your pipes in fields are fully lagged to prevent them bursting when the temperature drops. Foam insulation should be carefully attached to avoid cheeky horses removing it for a rather unsafe snack!
- Planning to plant a hedge? Saplings are best planted between October and March.
- Check and repair fencing before the ground becomes too wet. Softer conditions make any major work easier, but leave it too long and you risk causing damage to the ground.

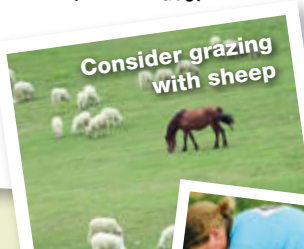
We've put together a detailed plan for the forthcoming months to help you manage your paddocks over the second half of the year, so you get optimum use from your pasture. Why not hang it in your tack or feed room for easy reference?



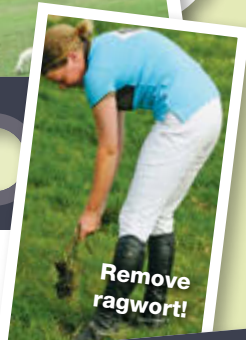
Fence off oak trees

AUG

- Top up your tan and do some essential paddock checks at the same time! Thoroughly comb your fields for small ragwort rosettes (next year's big, flowering plants if you don't pull them up now) and any other nasties.
- Regularly rake up fallen acorns, or fence off areas around oak trees where acorns fall or branches are low. Keep an eye out following heavy wind, when many acorns may have fallen onto paddocks.
- Watch out for the effects of heavy rain and warm weather – sudden flushes of grass can spell disaster for your horse's weight-loss programme!
- If necessary, continue to top grass to a height of approximately 5cm, or cross-graze with sheep.
- Prepare for autumn and winter. Clear drainage channels and ensure guttering on field shelters is unobstructed to speed up water runoff. Prune back any damaged or low branches that could come down in the early winter storms.
- Consider whether any wooden fencing or shelters need treating with an animal-safe wood preservative.



Consider grazing with sheep



Remove ragwort!

NOV

- Ragwort rosettes can still be quite prominent in paddocks, so remove and dispose of them carefully.
- Continue to monitor acorn fall and remove from paddocks accordingly.
- Rake up fallen leaves to prevent a mat forming, killing the grass underneath and allowing more robust weeds to take over.
- Rotate paddocks to allow optimum use without depleting natural resources.

DEC

- If possible, during very wet weather reduce damage to pasture by grazing for shorter periods than normal.
- Continue to rotate and rest grazing where possible.

Crossing the boundaries

For the safety of your horse and the public, it's important that fields are securely fenced. However, the type of fencing you choose to install is dependent on many criteria, including...

- the number of horses.
- the nature of the land being fenced.
- the temperament of the horses and ponies to be contained.



Check and repair all your fencing



Wooden post-and-rail is a popular choice, due to its smart appearance and visibility. Properly maintained it is long-lasting, but out of the permanent fencing options it also requires the most maintenance. The summer months are an excellent time to repair or replace any damaged or rotten posts, but rails need to be repaired as soon as they are damaged, to ensure the field remains secure and also to prevent injuries caused by nails sticking out from the rail or the post. Always choose wood that has been pressure-treated with an animal-safe preservative.

Adding a strip of electric tape along the top of a post-and-rail fence is a good way to deter horses from playing over the fence and causing damage to it, as well as reducing the temptation to chew the top rail. You can buy screw-in eyes that affix to the posts, that you can thread the electric tape through.

An alternative to wooden post-and-rail is **plastic post-and-rail** fencing, which is

very durable and, because it doesn't need painting, retains its neat, tidy appearance. Available in several colours and styles, some brands even come with warranties, so check out the options before committing. It is not a cheap solution, but the maintenance is usually significantly less than wooden post-and-rail. The same daily checks should be carried out with PVC fencing, in case of any shattering from hooves or impact.

Hedge your bets

Hedges on their own are not advised as paddock boundaries, because inquisitive horses may try to squeeze through what might seem like invisible gaps, especially if the pasture is poor during the winter months.

However, when used in conjunction with a post-and-rail fence, hedges give a robust double fence line that offers added protection from the wind and rain. They require little maintenance, but should be checked regularly for signs of disease damage. Avoid cutting hedgerows from the new year until mid-summer, because you risk disturbing wild birds while they are nesting.

Planting a new hedge can be a cheap or expensive option, depending on the size of the saplings you choose. Either way, it's usually best to engage a professional contractor to advise on the appropriate type of hedging and to plant the saplings themselves. To give plants the best chance of establishing well, you will need to install temporary electric fence at least a metre from them to prevent curious horses from snacking on the new shoots.



Hedges offer great protection from the weather

You're in charge

Electric fencing is extremely useful in terms of pasture management. It can be used either on its own or in conjunction with another type of fence. Daily paddock rounds should include checking it's still electrified and the battery is working to its full effect. Some horses are rather clever at 'testing' the current to get to the more lush, rested field next door!

Plastic stake posts are easy to adjust and move around the field for strip-grazing and temporarily fencing off poached sections, while wooden posts offer a more permanent support for long-term use. Always ensure people are made aware the fence is electrified with obvious signage.

It's important to regularly maintain your electric fencing. When not in use, store the tape on reels to reduce the risk of tangling and knots, and clean posts before storing them somewhere dry. Eventually, plastic posts will perish, so it's important to check them at the beginning and end of each season. While fencing is in use, it's essential to regularly check the tension on the tape – any slack has the potential to cause an injury by becoming caught on a rug or looped around a leg.



Dark electric fencing is more natural-looking than white

Top tip

➤ Choose fencing that is in keeping with the natural environment to enhance the landscape for other users.

Missed part one?

Order a copy of the March issue of *Horse&Rider* at horseandrideruk.com/shop or ☎ 01428 601020

★★★ Rate this feature

Go to tinyurl.com/RateSpring15 for a chance to win a Mountain Horse Crew jacket (see p9).



Love your Insurance with help from SEIB.

Give us a call for anything Equestrian and you too could love your quote.

We will make it easy for you to pick the right policy and then go on cover.

If you need to claim we will be there to help.

Whether you want to find out how to save money on premiums or are struggling to get the cover you need – Call SEIB

Horse and Pony Insurance

Up to £5,000 vets fee cover with choice of excess

Love our 24 hour emergency helpline – where else can you get this peace of mind?

Older horses accommodated

Horsebox and Trailer

Discounts available

You will love our breakdown cover if you need to get your horses home from the roadside.

Equestrian Home or Business Including Riding Schools, Livery Yards, Liability and More...

You will love our free risk assessment pack that comes with business insurance.

#loveinsurance

0845 450 0654
www.seib.co.uk

SEIB
INSURANCE BROKERS.

Over 50 years of excellent service

Feeding first

Are you meeting your horse's dietary needs? Whatever his workload, age or temperament, we'll get you on the right track



Photos: Bob Atkins, Steve Bardens. With thanks to Alexandra Wesker for her help with this feature, horseconsult.co.uk

If you watch your horse grazing in his field, you'll notice he spends most of his time eating on the move. Unless he's asleep, it is unlikely you'll see him standing still for long. This is the natural way of eating for a horse.

The horse's digestive system is built to deal with small, but constant, amounts of food. It is estimated that wild horses forage for 14–18 hours a day, getting their nutrients from a wide range of forage, including herbs, rather than just grass alone. Field and stable-kept horses are more restricted, and with the increased expectations we place on them, they need our help to balance their diet. Roughage, such as grass and hay, makes up the biggest part of this. It contains all the nutrients a horse needs,

Did you know?

The amount, type and duration of exercise your horse does will affect what he needs from his diet.

but not necessarily in sufficient amounts to meet his needs. If your horse is fed a roughage-only diet and maintains his weight well, then it is possible that he is getting sufficient nutrients (except for sodium and chlorine), providing he is not in work. But this can only be assessed on a case-by-case basis and after a roughage analysis has been done.

Providing a salt lick containing sodium chloride or a mineral and vitamin supplement may be useful alongside a roughage-only diet. However, if he is in work, he will almost certainly require additional feed, a balancer or supplementation to meet his daily requirements.

Daily requirements

There are five basic nutrients horses need...

➤ **Carbohydrates** These are the main energy source found in most feeds, including roughage. The main nutrients providing energy in concentrate feeds are starch and oil.

The main sources of energy for horses are volatile fatty acids (VFAs). VFAs are normally produced from fibre and are made as a result of fibre fermentation, performed by bacteria in the hindgut. They should provide the horse with digestible energy (calories) so he can perform the workload demanded of him.

While cutting back on certain carbohydrates might be ideal for some horses, such as those prone to laminitis, eliminating them from the diet is not advisable. It's important to remember that carbohydrates and starches are not the same thing. Carbohydrates are a big group, including starches, but also sugars and most fibres. The healthiest carbohydrates are the fibres. Other carbohydrates in grass include sugar and fructan (a type of starch). These can cause horses to develop laminitis or colic, which means you need to be vigilant about the amount of grass your horse is exposed to.

Easily-digestible carbohydrates are often associated with fizziness because they give the horse a short burst of energy. These types of carbohydrates are found in oats and anything sugary – for example, syrup and molasses.

Wheat and maize are the real 'starch bombs' and contain the most energy of all the cereals. Maize is very difficult for horses to digest because of its outer shell. However, if it has been micronised (a specialised cooking process) it is highly digestible and provides a lot of energy. This can be beneficial if horses need to gain weight, but it can still cause them to fizz up.

Starch found in barley is difficult for the horse to digest. Undigested starch can cause excessive gas production in the stomach or hindgut and even bring on colic.

➤ **Fats and oils** can be a good option for horses who easily fizz up. Oil has the highest possible energy content, but it is slow-release energy so it won't cause him to hot up in the same

way that cereals can. There are, however, boundaries to how much oil can be fed (no more than 1ml per kilogramme of bodyweight per day, so half a litre for a 500kg horse), and fat should be introduced into the diet no more quickly than one tablespoon per day.

➤ **Protein** is used in muscle development during growth and in exercise. It can be found in differing amounts in soyabean meal, alfalfa and in many other feedstuffs – the most common one being grass.

➤ **Minerals** help maintain skeletal structure, fluid balance in cells (electrolytes), nerve conduction and muscle contraction. Macro-minerals, such as calcium, phosphorus, sodium, potassium, chlorine, magnesium and sulphur, are also needed daily. Many of these minerals are, however, covered by roughage, if the roughage is fed ad lib.

➤ **Vitamins** are usually present in large enough quantities in good-quality forage, provided it is fed ad lib. However, horses undertaking strenuous activity, recovering from illness or surgery, or on poor-quality forage may benefit from having extra vitamins provided.

Did you know?

Breeding and non-breeding stallions, mares in the later stages of pregnancy, lactating mares and young, growing horses all need extra nutrients.



The best way to maintain your older horse's weight is to provide ad lib roughage



Check your veteran's weight regularly

Age matters

Older horses might need extra attention paying to their diet, and it is important to have their teeth regularly checked by an equine dental technician or your vet to ensure they can chew properly and maintain weight. Some older horses find it easier to eat soaked feed, which can also help to prevent choke.

If you find it hard to keep weight on your older horse, it can be tempting to offer extra hard feed in an attempt to bulk him up. However, the best way to maintain an older horse's weight is to provide ad lib roughage.

Roughage is fermented by bacteria in the hindgut and this process produces heat. A warmer horse will use up less energy maintaining his body temperature, which means the calories will contribute to his body condition instead.

It's also important to look into why your horse is losing weight. If he has trouble chewing, for example, then increasing roughage may be an unwise decision. Veterans may have lost some teeth, which means they can no longer chew feed properly. Owners may notice this happening if the horse starts to lose weight or has wet droppings for an extended period of time.

If your horse has dental issues, it may be beneficial to replace part of the hard-to-chew roughage with high-fibre cubes that can be wetted down to a mash.

Older horses may also become less able to absorb nutrients. This is more likely if the gut has been damaged by worms over the years. Therefore, feed for these horses should contain more energy and nutrients to help compensate for the reduced absorption.

As with any horse, it's important ensure your veteran doesn't become under or overweight. Monitor his weight regularly by using a weigh tape or by following a body condition-scoring chart.

Feeding options

These days there are many types of feeds on the market, from balancers and fibre-only feeds to mixes, cubes and general-purpose supplements. It can be a minefield trying to work out what's best to feed. Here's a breakdown of what you can expect to find at your local feed merchants.

► **Mixes.** There is a suitable mix for every type of horse or pony, including low energy for excitable horses, high oil content for poor-doers, low calorie for good-doers and sugar-free for those prone to laminitis. Mixes are complete feeds and, when fed at the recommended daily rate, will provide all the nutrients your horse needs. They can be useful for fussy feeders because they tend to be palatable.

► **Cubes,** like mixes, are a complete feed. They come in all shapes and forms, but what they have in common is that all the ingredients have been crushed into pellets. Cubes prevent your horse picking out the ingredients he likes and leaving the ones he doesn't, which is easier for him to do with a mix. For horses who fizz up easily, high-fibre cubes can be useful when roughage quality is poor.



► **Balancers.** Balancers are, as the name suggests, fully balanced with the right amount of vitamins and minerals your horse needs. Often, they have added extras, such as biotin to support hoof health or prebiotics to promote a healthy digestive system. As the nutrients are more concentrated, they are designed to be fed in smaller amounts, either on their own or to top up an existing feed ration when you might need to feed less than the recommended daily amount. The idea behind balancers is that they balance the diet of a horse by supplementing what lacks from their roughage. What he needs in this balancer is, therefore, dependent on the individual horse's requirements and the quality of his roughage.

► **Supplements.** These range from broad-spectrum vitamin and mineral supplements to more specific ones, such as those designed to aid hoof or joint health, calmers and supplements to support respiration. Horses in work fed a roughage-only diet may benefit from an all-round vitamin and mineral supplement, for example.



Water (top),
roughage (top
right) and a
balanced diet
– essential for
horse health

FEEDING TOP TIPS



- 1** Like us, horses can't survive for long without water, so provide constant access to clean, fresh water at all times.
- 2** Buy good-quality feed from a reputable manufacturer so you know the ingredients are well-sourced and of a high standard.
- 3** It is essential to have a good worming plan in place. Worm damage can affect your horse's ability to digest his feed.
- 4** Clean buckets daily to maintain hygiene standards. After all, you wouldn't want to eat from a dirty plate!
- 5** Stick to the same feeding routine where possible. Horses are creatures of habit and may become stressed if their feeding pattern varies from day to day.
- 6** Know your horse's ideal weight. For articles and a video on how to monitor your horse's weight, visit horseandrideruk.com and type 'condition scoring' into the search box.
- 7** If your horse's workload increases or decreases, adjust his feed accordingly.
- 8** Consider whether your horse really needs everything you are putting in his bucket. If you are adding numerous supplements, for example, a feed balancer containing the extras he needs could be a more cost-effective option.
- 9** Horse owners need to be vigilant about laminitis all year round, so keep a close eye on your horse's weight. Obese horses are more likely to become laminitic than those at a healthy weight. Take special care during periods of sunny days and cold nights, such as in spring and autumn, as this is when fructan concentrations in the grass are high.
- 10** Introduce dietary changes gradually rather than changing feed overnight.
- 11** If in doubt about what to feed, talk to one of the feed companies' helplines or an independent horse nutritionist. They will be only too happy to offer you advice.



SUBSCRIPTION ORDER FORM

☐ I would like to subscribe to *Horse&Rider* for £25.93 every six months by Direct Debit or annual payment of £51.87 and would like to receive:

Peach ☐ or Navy ☐ Townsend polo shirt in size 10 _ 12 _ 14 _ 16 _
OFFER CODE: HPSPR15

1 MAGAZINE TO BE SENT TO (block caps)

Mr/Mrs/Miss/Ms First name..... Surname.....

Address.....

Postcode..... Tel no.....

We'd like to be able to send *Horse&Rider* news and competition details to the reader. If you have their permission, please provide their email address here

2 PAYMENT DETAILS

Payment from (if different from the details above)

Mr/Mrs/Miss/Ms First name..... Surname.....

Address.....

Postcode..... Tel no.....

Email.....

Please provide email address to receive information regarding this subscription, and other offers and services from D J Murphy (Publishers) Ltd

☐ I would like to pay £25.93 every six months by Direct Debit. Now go to part 3

☐ I enclose a cheque for £51.87 payable to D J Murphy (Publishers) Ltd

☐ I would like to pay £51.87 by Visa/Mastercard/Visa Debit

Card no

Valid from

Expiry date

Issue no (Maestro only)

Signature.....Print name.....

Originator's Identification Number 401112



PAYMENT BY DIRECT DEBIT

Name(s) of account holder(s).....

Bank/building society account number

Branch sort code

Office use only/ref

Name and full postal address of your bank or building society

.....

.....

..... Postcode.....

Instruction to your bank or building society

Please pay D J Murphy (Publishers) Ltd Direct Debits from the account detailed in this instruction, subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with D J Murphy (Publishers) Ltd and, if so, details will be passed electronically to my bank/building society.

Signature..... Date

Banks and building societies may not accept Direct Debit instructions for some types of account

This offer is open to UK subscribers only and cannot be used in conjunction with any other offers. Overseas offers available by calling ☎ +44 (0)1795 412893. Exclusive offer ends 31 March 2015. We are sorry, we are unable to offer refunds. However, we are able to suspend a subscription for a period of time or transfer the subscription into another person's name. Please allow 28 days for delivery of your first issue. D J Murphy (Publishers) Ltd will hold and collect your personal information to process your order. From time to time, we may provide you with details of our other products and services. Please tick if you do not wish to receive this information by post [☐] by email [☐]. Occasionally we may pass your details to companies whose products and services we think you may be interested in. Please tick if you do not wish to receive these by post [☐] by email [☐].

Send your form to Freepost address shown right



RECEIVE A TOWNEND POLO SHIRT

when you
subscribe to
Horse&Rider



Choose between peach or navy in this gorgeous Townend Unstealable ladies' polo shirt when you subscribe for 13 issues a year. This pretty polo has floral detailing under the collar and placket, is made from 100% cotton and is available in a range of sizes.

3 EASY WAYS TO ORDER



ORDER
HOTLINE: **01795 412893**
Quote HPSPR15



ONLINE: **horseandridersubs.com**
Enter promotional code HPSPR15



OR COMPLETE THE ORDER FORM AND SEND TO:
FREEPOST RSHK-TULJ-ABJR, *Horse&Rider* Subscriptions,
Sittingbourne, Kent ME9 8GU (no stamp required)



Wellbeing

Let's make babies

Part 2

Horse breeding has come a long way in the last few decades. Horse&Rider looks at modern stud practice to produce healthy foals from happy mares and stallions



Horses do not arrive into the world at riding age, broken to saddle and bridle, ready to share wonderful after-work hacks or train in a competitive discipline. Yet, for many people who ride, stallions, pregnant mares and foals can feel like a world away from the ridden horses you may find on your livery or competition yard.

This is where studs come in, where traditionally stallions have served mares. Modern studs also often have highly specialised facilities to enable semen to be collected from stallions, mares to be inseminated and foals to be born. So how does horse breeding work, 21st Century-style?

Case study

Britannia's Mail

Seven-year-old Sport Horse Great Britain stallion, Britannia's Mail, is siring a second generation of embryo transfer sport horses

'Marley' combines stud duties with a career as an eventer. By Olympic showjumping stallion, Jaguar Mail, and out of Badminton, Burghley and Kentucky Horse Trials-winning mare, Headley Britannia, Marley was born via embryo transfer.

His owner, Lucinda Fredericks, tells Marley's story: "Marley and his sister, Little Britannia, 'Millie', were born while both their sire and dam were competing at the Beijing Olympics. It was an easy decision to keep Marley as a stallion, because his parents were so talented and he is such a lovely horse.

"So far, it has been easy to accommodate Marley's stud duties with his competitive career. He has always had semen collected at Beaufort Embryo Transfer, and the process is quite simple for me as the owner. I get a call from the stud to confirm they have a mare and owner who would like to use Marley, and an estimated date when the mare will be ready for insemination. That usually gives me enough notice to organise his competition diary.

"As a younger stallion, Marley was completely exhausted when he got home from a collection at stud and would just sleep. While it is still an energetic workout for him, he doesn't find it as taxing now that he is a older and stronger.

"As soon as we pull up to the gate at Beaufort Embryo Transfer, the lorry starts rocking. I let the stallion handlers deal with Marley from that point. They are experts at managing breeding stallions, which is what Marley transforms into once we arrive!

"At home we have a mixed yard of mares and geldings, and Marley has never been a problem. However, only my more experienced grooms handle him. It's important to be aware of what's going on and think ahead about which horses are where, and not point him at mares' bottoms!

"Marley is always led in a chifney and, most of the time, follows along like a donkey. But there are times he catches the scent of another horse from a rug or a brush, or someone leads a horse too close to him and he makes a lot of noise and you are quickly reminded that he is a young, fit stallion. The grooms have to be confident enough to gently, but firmly, tell him to 'pack it in'.

"His stable is in the corner of the yard where he can see everything, and he is turned out every day in his designated post-and-rail paddock. It's bordered by hedges on two sides and we are careful not to turn any mares out in the field next to his."



FEATURE SPONSORED BY



Helpline
☎ 01908 226626

See page 112
for Spillers'
feeding tip of
the month

SHOW MIX

KEEPING HORSES BALANCED
AT OLYMPIA 2014

SPECIALIST RANGE



MOELVIEW PRINCE CONSORT IS FED TWICE A DAY ON SHOW MIX WINNING THE BALANCED WAY

Created in 1987, Show Mix was the 1st ever
chaff based high fibre ration in the UK

When feeding Show Mix there is no need to
add expensive balancers or supplements.

Tried & Tested with proven results

Automatically boosts
Weight & Condition*

Simple & economical -
One bag does it all





BALANCED[®]
HORSE FEEDS


01372 721700

www.balancedhorsefeeds.co.uk

*when fed at recommended/adequate levels



HAY BAR[™]
FEED AS NATURE INTENDED




"I am convinced that I would see less dental problems in the horses I treat if they were fed from Hay Bar."

Keith Evans EQDT

"Horses benefit significantly from being able to eat at ground level when stabled and fed with Hay Bar."

*Wayne Abbott B.E.V.A./B.V.D.A.
Advanced Certified Equine Dental Technician.*



www.haybar.co.uk Tel: 01723 882434

The Complete Stud Service

STALLIONS STANDING 2015

WINDSOR HEIGHTS
Pregnancy whetting 80, 850, 8000
11,200, 10,000, 10,000 Approved 10/15
Versatile sire for all disciplines



WELTON DOUBLE CRACKER
International 2nd (sire)
16, 100, 100, 100, 100, 100
Famous Welton, Modest



CEVIN Z
Grade 6 1st 1st 1st 1st 1st
16,200, 10,000, 10,000, 10,000
Sire of 1000's of Champions



For mare owners

- Mare preparation, insemination & scanning
- Foaling down, post-natal care & assessment
- 24 hr supervision & CCTV

Stallion Centre

- The market leader in equine frozen semen
- DEFRA approved collection & storage centre
- Semen storage & distribution service
- Semen import & export service
- Frozen semen stored from over 600 stallions
- Over 60 breeds & types
- Frozen & chilled semen evaluations
- Semen frozen for UK/EU/Worldwide
- Fully equipped laboratory

Competition Yard

- Horses competing at all levels
- Backing & Schooling • Full Livery
- NVQ & Rider Training

TEAM Tessa Clarke, Jane Holderness-Roddam
Martin Boyle MRCVS, Chris Shepherd MRCVS

For full details & Stud Pack, call:
Tessa Clarke, Stud Manager
on 07774 161741

Church Farm, West Kingston, Chippenham
Wilts SN14 7JE
Tel 01249 782050 Fax 01249 782940
Email westkingtonstud@aol.com



WKS
WEST KINGTON STUD

www.westkingtonstud.co.uk

Case study **Cevin Z**

William Funnell's charismatic showjumper, Cevin Z, has been a resident stallion at West Kington Stud during the breeding season for the past five years. The product of careful breeding under the Zangersheide Studbook, Cevin continues the tradition of his sire, Coriall Z and dam's sire, Carthago Z, influencing sport horse breeding.

Following a successful career as an international showjumper, Cevin went on to Children on Horses classes, piloted by a 12-year-old boy. Cevin is noted for passing along his amenable, trainable temperament, his correct conformation and his natural athleticism to his offspring, who have excelled as showjumpers and eventers. Some of his most famous offspring include eventing mare, Borough Penny, 12th at the London Olympics with Vittoria Panizzon, and William's own showjumper, stallion Billy Mexico.



Top tip

► If you see a horse wearing a stallion disc (usually on the bridle) at a competition, be aware and give him a wide berth, just as you would a young horse.

Keeping stallions happy

Managing stallions who live at stud is a specialist skill. Tessa Clarke, Stud Manager at West Kington Stud, explains how they keep Cevin Z happy and relaxed. "Our stallion paddocks are in one corner of the stud. That way, stallions can overlook all the activity and not be stressed that they are missing anything. It helps the stallion feel masculine and boosts his testosterone when he is quietly aware of mares in his daily life. I find having a stallion in view also helps our mares – we know quickly which mares are in season by how interested they are in Cevin's turnout schedule!

"The stallion paddock is not adjacent to other paddocks and there is no immediate contact with other horses. For example, he can't lean over a fence and sniff or play with another horse.

"Cevin gets ridden every day and hacks out happily with other horses. As soon as

he sees his saddle and bridle, he becomes a riding horse and lets go of some of his stallion airs. When we bring his covering bridle to him, he is back to being a stallion. Like a child at school, he knows the routine and what we expect of him at different times."

Time to relax

Stallions will visit West Kington Stud and stay for a few weeks to be trained on a dummy mare, or to be collected for fresh, chilled or frozen semen.

Tessa says: "Some come as 'problem stallions' with complex behavioural issues that we need to take into consideration. We encourage owners to tell us as much as they can about the stallion so we can prepare ourselves, find the right stable on the yard for him, and create a routine that helps him settle and relax. Perhaps it is just because they are away from their own territory and feel they can relax, or maybe it is a tailored routine, but most stallions settle within a few days."

Left: The stallion paddock has strong post-and-rail fencing with a solid hedge behind it on one side and a view to the rest of the yard from the opposite side



FEATURE SPONSORED BY



Helpline
☎ 01908 226626

See page 112
for Spillers'
feeding tip of
the month

Stallions are horses, too

The main stud season runs from February to August. Sperm production begins at least two months before, and the right nutrition is vital for a healthy stallion and good-quality sperm. When it's over, Tessa believes there is much to be gained by turning away young stallions (four to five years old) to live in a herd of geldings. She says: "While this is not always possible, I find it hugely improves their social skills. The stallions I have turned away like this have often found their place near the bottom of the pecking order, waiting for their turn at the hay or drinker. I'm convinced this sort of natural interaction as part of a group has helped them develop into happier, well-adjusted horses who just happen to be stallions."

Health checks

Breeding mares and stallions are routinely screened and tested for...

CEM – Contagious Equine Metritis

EVA – Equine Viral Arteritis

EIA – Equine Infectious Anaemia

They also carry a health certificate signed off by a vet, certifying that the stallion has not been exposed to strangles or ringworm for the last 60 days.

Humane handling comes to the fore

Tessa Clarke is an expert in handling stallions, starting her career as a stud groom at Catherston Stud in the early 1980s. Since 1995, she has worked with West Kington Stud in Gloucestershire as stud manager. With more than 30 years' experience working with stallions, Tessa is pleased to see attitudes changing.

"When I started working with stallions, I'd go to studs where the only time the stallion ever left his stable was to perform a covering, she says. "As recently as 10 years ago, some studs were beginning to turn their stallions out, but had built medieval-looking pens with high concrete sides so the horse couldn't see out at all. It's no wonder they were a bit wild!

"But our knowledge and understanding of how to handle stallions in a horse-friendly, humane way is evolving all the time. Recently I was at a stud with incredibly high-value Thoroughbreds where they had designed a brilliant turnout area for their stallions. They built rows of two-acre paddocks with good post and rail fencing and enough distance between the fields so the horses couldn't touch each other.

"There were five or six stallions turned out on the day of my visit, and all were behaving just as

History file

Through British history, stallions have often been feared as wild and dangerous animals. In the 16th Century, Henry VIII passed several laws relating to stallions, stating that they "had to be kept within bounds and tied in stalls" and were forbidden to graze or mix with other horses. This was in an effort to improve the stock of horses capable of going to war. It was around this time that gelding horses became common practice, and stallions became something to be wary of.



any horse would when they find themselves in a field with nice grass – heads down and happily grazing. It's a simple change, but I was delighted."

Foaling at stud

The main benefit of foaling your mare at a stud is that if anything goes wrong, you have experts to hand. Mares are monitored round the clock and specialist vets will be on hand, too.

Tessa explains: "We had one mare with us last year whom we needed to monitor overnight for five weeks. That would have been a challenge for any family to manage at home, but fortunately we have the staff and the facilities to cope with just about any eventuality.

"Having said that, there is no greater experience you can share with your horse than producing your own foal, so we invite owners to come as often as they can and try and include them in the foaling process as much as possible."

Foal watch

Above: Staff accommodation at West Kington Stud is upstairs from the foaling boxes. Each foaling box is equipped with a camera that links to monitors, so the stud staff can watch the mares all night for signs of foaling



Case study **Stripteasel**

Simon and Bridget Hall sent their maiden mare Stripteasel, Tilly, to foal down at West Kingston Stud roughly four weeks before she was due to give birth.

Simon describes the process. "Because Tilly was a maiden mare, Tessa advised us to allow her a bit more time to settle and get comfortable at the stud. She lived out in a large maternity paddock with a small group of pregnant mares. This paddock was very close to the house and the staff accommodation, and the group was checked every hour, 24 hours a day. It gave us a lot of comfort that our mare was being watched over so carefully," he says.

Tessa continues: "We watch maiden mares closely, because you can never be certain how their bodies are going to respond to the foaling process. Sometimes they don't bag-up (the udder enlarging as milk production starts) quite as obviously as experienced broodmares, so you have to be alert to subtle signs.

"As each mare nears her due date, we bring her in at night to a foaling box where we can supervise her on camera through the night. Once the mare has foaled, we like to get the pair out into a nursery paddock as soon as we can. How quickly we can do this depends on whether there were any complications during foaling, the strength of the foal, the correctness of his legs, and the weather. Sometimes we will turn them out during the day and bring them in at night."

The main benefit of foaling your mare at a stud is that if anything goes wrong, you have experts to hand

Healthy minds and bodies

You can prepare your mare for giving birth at stud by keeping her healthy and feeding her for her type and condition. It's very important she receives the nutritional support she needs to produce a healthy foal, especially during the last few months of her pregnancy, when the foal does most of his developing.

Mares and foals really benefit from living as a herd. Foals desperately need company to explore the world and gain confidence with other foals of a similar age. This interaction can be difficult for a one-mare owner to facilitate, so it is worth reaching out to find a situation where you can put a few mares and foals together.

Tessa continues: "I can usually tell when foals have been raised with only their dams for company. They can be a bit clueless when it comes to boundaries or social skills, and can be over-familiar with humans, which makes working with them much more difficult."

Next month

Discover how the experts teach foals to be handled safely, wear foal slips, lead and pick up their feet.

After the main event

It's not all over once there is a healthy foal in the paddock. As Tessa explains: "We take a swab from the mare towards the end of her foal heat (usually six to 10 days after foaling) to make sure her uterus is clean and her reproductive tract is healthy.

"Because the mare's hormones change her milk during this heat, the foal can sometimes have an upset stomach, causing diarrhoea, so it's important to closely monitor both mare and foal through this stage. Once the mare is confirmed healthy and the foal has recovered from any stomach upset, they are usually fit to make a short journey home. If it's a long way away, I usually recommend waiting a few weeks until the foal is stronger before making the journey."

And finally: "If the mare is to be put back in foal, we ideally inseminate her on her second heat, between 26 and 30 days after she has foaled," says Tessa.

FEATURE SPONSORED BY



Helpline
☎ 01908 226626

See page 112
for Spillers'
feeding tip of
the month

Wellbeing news

{ NEWS SPECIAL }

Breathe easy

Respiratory disease is extremely common in horses, with an estimated 15% suffering from inflammatory airway disease or recurrent airway obstruction. Researchers at Purdue University in the USA have discovered that **horses with recurrent airway obstruction or inflammatory airway disease could benefit from an omega-3 fatty acid supplement.**

All the horses in the study were fed a low-dust diet and half were given a supplement containing docosahexaenoic acid (an essential omega-3 fatty acid) for two months, while the other half were given a placebo. The supplemented horses' coughs improved by 60%, they showed a 50% decrease in respiratory effort and the inflammation in the lower airways showed some improvement.

Photo: Bob Atkins



Interestingly, the horses receiving the placebo also showed some improvement. This was likely to be because they were eating a low-dust diet. So giving an omega-3 fatty acid supplement in conjunction with low-dust feed could be useful in managing horses with respiratory conditions.

{ NEW TREATMENT }



Headshaking is a distressing condition, making many sufferers difficult to handle and ride. It is thought to be caused by a neuropathic facial pain syndrome, which is similar to trigeminal neuralgia, a facial pain syndrome in people. Researchers at the University of Bristol conducted a study to see whether percutaneous electrical nerve stimulation (**PENS**), **a therapy used for people with neuropathic pain, could offer headshakers some relief.**

Seven headshakers were used in the study. A PENS probe was inserted just under the skin adjacent to the facial nerve and the nerve was stimulated for 25 minutes. Then the probe was removed and the procedure was repeated on the other side of the face. Of the seven horses, two horses' signs got worse for the first few days after treatment. Six of the seven horses responded well after the first treatment and returned to the same level of work as before the headshaking, and five of the seven continued to respond to further treatment. More research is required, but it's a promising result.

{ RESEARCH }

More than meets the eye

It's common to wear glasses or contact lenses to correct your vision, but have you ever considered whether your horse has good eyesight?

Researchers at Nottingham Trent University looked at the eyes of 333 horses and ponies of different breeds. They evaluated their retinas to see how the eye focused. **The tests showed that 68% of the horses had perfect vision.** Of those with sight problems, half were short-sighted and half were long-sighted.



There appeared to be breed differences, too. Warmbloods and draught breeds tended to be more long-sighted, while Thoroughbred-crosses were more likely to be short-sighted. This could be related to head shape and eye position. A handful of horses showed an extreme difference between the two eyes, which might account for behavioural anomalies, such as spooking more at objects on a particular side of the body.

Tip of the Month

Spillers essentials are new and improved versions of the three essential feeds that you know and love – Spillers High Fibre cubes, Spillers Horse & Pony Cubes and Spillers Cool Mix. Made from the finest ingredients, they provide the best quality and value for your horse.



HORSE&RIDER

HORSEY SHOPPING

THIS MONTH WE LOVE...

The latest products for horse and rider, including a trendy tweed messenger bag

The complete buyer's guide for horse and rider

Fits like a glove

Our expert panel puts 20 riding and work gloves to the test.

Let's get digital

Jazz up your smartphone with apps to make your horsey life easier.

Scrub up well

Expert advice to keep your hands, skin and hair in good condition.

A good cause

Plan your perfect horsey day out and support equine charities.

Perfect prizes

Don't miss your chance to win loads of fabulous goodies!

1 Tredstep

Trainer Pro

Suitable for wet and dry conditions, Wet Tec technology ensures that these gloves have a secure grip, while the Flexi Grip palm avoids any bunching of material in your hand.

Pros: "These gloves are thin so they give you good grip on the reins. I wore them hunting and they were waterproof, kept my hands warm, the mud brushed off easily and they dried very quickly."

Cons: "I didn't find the wrist closure very durable."

Buy if... you want high-performance gloves with good grip in wet conditions.

Colour: Black

Sizes: 7-9

RRP: £26.99

☎ 00 353 12 950598

tredstep.com

2 Equitech

Snaffle half leather gloves

These gloves feature an engraved snaffle buckle detail, leather palm and reinforced suede finger panels, with a stretch cotton back and elasticated wrist, fastened with Velcro.

Pros: "These are a nice design, comfortable and a good fit."

Cons: "I found the grip was less efficient when wet, so I wouldn't feel secure going cross-country in them. Also, the wrist strap was large on me and did not tighten enough around the wrists."

Buy if... you want a smart pair of gloves for everyday riding.

Colours: Black, brown, champagne or white

Sizes: 6.5-9

RRP: £26.50

☎ 01296 688966

equitech.com

Our testers

The pupils at Wellington Riding kindly tested a range of gloves to see how they held up after three months of rigorous riding.



3 Ariat

Tek Grip

A synthetic suede palm helps sensitivity and grip, while stretch Tek Twill gives flexibility and fit.

Pros: "These are extremely comfortable. They're not too hot or cold to wear, nor bulky, so they're yard work/riding friendly. They prevented me from getting blisters when I was working and riding."

Cons: "Next time I would go up a size, as the medium-sized pair I tested was very snug, but they still felt very comfortable."

Buy if... you want good-value, all-round gloves.

Colours: Black, bark or navy

Sizes: 6.5-11

RRP: £24.50

☎ 01367 242818

ariat-europe.com

4 HV Polo

Riding gloves

Made from 100% acrylic with an elasticated wrist and touch-tape fastening. Synthetic logo print on the palm helps to grip the reins.

Pros: "They're lightweight and give a good feel on the reins. After weeks of continuous use, they were in great shape."

Cons: "I have small hands and the medium size was tight across the palm, but long in the fingers."

Buy if... you want lightweight, durable riding gloves.

Colours: Black/grey, brown/beige, navy/beige or white/grey

Sizes: XS-XL

RRP: £22.99

hv-polo.com





Fits like a glove

Say goodbye to slipping reins and blisters with 20 gloves on the market, tried and tested

Schooling, competing or around the yard, gloves can help you stay comfortable and guard against blisters. Riding gloves are a necessity, but they can be a fashion statement, too. With many designs available, from snugly warm for winter to ventilated styles to keep you cool, find your perfect match!



5 Carrots

Competition riding gloves

Suitable for competitors and leisure riders alike. The four-way stretch fabric aids fit, flexibility and rein contact, while the high-tech fabric keeps hands comfortable in warm and cool temperatures.

Pros: "They kept my hands warm and are lightweight enough to be able to have a good feel on the reins."

Cons: "They have an unusual design for riding gloves."

Buy if... you want a trendy pair of warm riding gloves.

Colours: Black or brown

Sizes: Adult or child

RRP: £14

☎ 01245 445362

carrotsequestrian.co.uk

6 Ekkia

LAG Respirant gloves

Made of anti-slip goat leather for comfort and featuring a perforated area on the back of the palm for breathability. Gussets on the back of the hand and elastic nylon knit between the fingers provide a good fit.

Pros: "Very comfortable, thin and nice to ride and lunge in. They look good and are also great in the rain."

Cons: "Because they're so breathable, they aren't good for keeping hands warm in winter."

Buy if... you want smart gloves for summer riding.

Colour: Black

Sizes: S-XL

RRP: £29.90

ekkia.co.uk

7 Gersemi

Functional waterproof gloves

Lightweight, yet warm and waterproof. Suitable for working around the yard or riding.

Pros: "They were warm but so tactile – I was able to do up buckles, open supplement lids and even use a touchscreen phone. They keep out hay seeds and protect hands from blisters."

Cons: "The palms can be slippery on reins when wet."

Buy if... you want versatile yard and riding gloves.

Colours: Black or black/grey

Sizes: 8-10

RRP: £48

☎ 01352 763350

zebraproducts.co.uk

PREMIERES TUESDAY 24TH FEB 9^{PM}

H&C MASTERCLASS AND YARD TALK WITH GARETH HUGHES



Gareth Hughes is the latest equestrian star to feature in our Yard Talk and H&C Masterclass series. Here he is getting ready for his grilling from Horse & Country TV's Jenny Rudall.

In Yard Talk we get to see Gareth's yard and meet the team, both human and equine. He talks about his early life in Australia and his showing career. In his masterclass Gareth demystifies the half-pass. To find out what other great shows are coming to H&C this month, visit horseandcountry.tv

H&C
HORSE & COUNTRY

SKY CHANNEL 253
HORSEANDCOUNTRY.TV/EVERYWHERE

8 SSG

Soft Touch gloves

Made from synthetic leather with a snake pebble pattern, they feature a ventilated back for comfort, breathability and style.

Pros: "They're super-smart gloves for schooling and competing. Very breathable and they look great."

Cons: "They can get a bit slippery on rubber reins if it rains."

Buy if... you want versatile gloves that will take you from schooling to shows.

Colours: Black, brown or white

Sizes: Black: 3-10, brown and white: 6-10

RRP: £25

taggequestrian.co.uk



10 Hy5

Everyday riding gloves

Designed for style and comfort, they have added reinforcement to prevent wear and a fabric back to keep your hands warm. The elasticated cuff with an adjustable wrist strap aids fit.

Pros: "Comfortable, waterproof, stretchy and they keep your hands cool."

Cons: "They're not warm and I think tough yard duties would take their toll on them, too."

Buy if... you want inexpensive summer riding gloves.

Colours: Black or brown

Sizes: Child's small - adult extra-large

RRP: £11.99

battles.co.uk

9 Woof Wear

Technical Event gloves

Designed for eventers, they have a short cuff to accommodate a stopwatch. Four-way stretch fabric and a Reintex Pro palm ensure grip in all conditions.

Pros: "They're light and grippy in wet conditions."

Cons: "The fastening wasn't as durable as others."

Buy if... you want gloves designed for eventing.

Colours: Black or white

Sizes: 6-9.5

RRP: £25

☎ 01208 265920

woofwear.com



11 Toggi

Barbury Cross-Country gloves

Designed to keep hands warm and dry, whatever the conditions. Featuring a technical stretch fabric, reinforced panels for durability and grip, neoprene cuff and adjustable wrist strap for comfort and protection.

Pros: "These gloves are warm and a nice fit, the grip is good and they kept my hands dry in wet weather. I loved the design."

Cons: "They are a bit thick for my liking and the stitching wasn't as durable as some."

Buy if... you want warm, stylish gloves for winter riding.

Colour: Black

Sizes: XS-XL

RRP: £12.50

☎ 0113 270 7000

toggi.com

12 Caldene

3-in-1 riding gloves

Comes with a removable base layer with silicone-printed grips on the palms and finger tips that can be worn for general use or riding. The outer gloves have silicone-printed grips and can be worn on their own or over the base layer.

Pros: "I love these gloves! When you're wearing both layers they are toasty warm and not too thick so you can still do a lot of things with them on. The lining is really soft and warm, too. I also found the wrist strap handy as you don't have to find somewhere to put them when you take them off for a minute. They are great value for money as you have gloves to suit all kinds of weather and jobs."

Cons: "If you're wearing both pairs you have to take them off and put them on separately."

Buy if... you want gloves for all weathers.

Colour: Black

Sizes: XS-XL

RRP: £27.49

☎ 01274 711101

caldene.co.uk

**Horse&Rider
BEST VALUE
2015**

13 Bionic

AquaGrip gloves

Designed to fit like a second skin and made from suede microfibre for increased grip in wet conditions, these gloves are ergonomically designed for comfort and grip.

Pros: "They are made from a light, breathable material that's warm on cold days and gives a really good feel on the reins. They're excellent value for money."

Cons: "None!"

Buy if... you want a grippy, wet weather glove.

Colours: Ladies': navy, men's: black/grey

Sizes: Ladies': S-XL,

men's: S-XXL

RRP: £29.99

☎ 01303 872277

wefi.co.uk

14 LeMieux

Work gloves

Tough gloves for work and riding, made from flexible, durable cotton with a nitrile palm.

Pros: "I love these gloves to work in around the yard. They really did keep my hands warm."

Cons: "None, they are definitely good value for money."

Buy if... you want a great pair of work gloves.

Colours: Green, aqua, blue purple, pink, orange or black

Sizes: S-XL

RRP: £7.95

horsehealth.co.uk



16



15



14



13

15 Roeckl

Mission riding gloves

Fashionable riding gloves with Lycra upper hand and durable palm material for non-slip grip.

Pros: "These feature a nice design and grippy palm."

Cons: "Because they're quite patterned, they might not be suitable for use in dressage competitions."

Buy if... you want trendy gloves for jumping and riding at home.

Colours: Black/green, black/red, night blue, mocha or black

Sizes: 6-10.5

RRP: £24.95

charlesowen.co.uk

16 Dublin

Dressage touchscreen gloves

Leather gloves with reinforced fingers for single and double reins with touchscreen-compatible tips. They feature stretch fabric over the knuckles for comfort and touch-tape wrist closures.

Pros: "These look smart and are easily good-looking enough for competitions. They are comfortable and fit close to the skin, so you can do everything without taking them off."

Cons: "The elasticated wrist can rub if you overtighten it."

Buy if... you want comfortable, good-looking gloves for dressage.

Colours: Black or white

Sizes: XS-XL

RRP: £23.99

dublinclothing.co.uk



17

17 Mark Todd

Competition gloves

Lycra knuckle gussets let you close your hand in comfort and vented fingers keep your hands cool to avoid perspiration for a better feel.

Pros: "The design of these gloves makes it easier to close your fingers around the reins – they're comfortable and a good fit."

Cons: "The sporty design may not appeal to everyone."

Buy if... you like a sporty design in competition gloves.

Colours: Black, dark brown or white

Sizes: XS–XL

RRP: £29.99

☎ 01303 872277

wefi.co.uk

18 Shires

Super Cool competition gloves

A lightweight leather glove with a mesh back to keep hands cool. They also feature reinforced grips and adjustable wrists.

Pros: "They were very comfortable with a stretchy mesh patch across the knuckles, which provided unrestricted hand movement. They look smart for competitions with a strong fastening."

Cons: "The fingers seemed very long for an average person's hand shape and finger length. Could be cold when worn in cold weather because of the mesh patch."

Buy if... you're a fair-weather competitor.

Colours: Black, brown or white

Sizes: XS–XL

RRP: £15.99

shiresequestrian.com



18



19



20

19 Bridleway

Competition riding gloves

Fine, leather-backed gloves with stretch inserts at the knuckles and between the fingers. Synthetic grip palms with touch-sensitive synthetic suede fingers for rein control. Elasticated wrists with touch-and-close fastenings.

Pros: "These gloves were smart enough to use for both casual riding and at competitions. They fitted well, with stretchy material on the back of the hand for comfort when riding and reinforced material where the reins sit for durability. They washed well and feel like they will really last."

Cons: "Although great for riding, they weren't the warmest of gloves for general use around the yard and they lost some of their grip when wet."

Buy if... you want a smart, durable riding glove.

Colours: Black or white

Sizes: XS–XL

RRP: £24.95

bridlewayequestrian.com

20 Mountain Horse

Performance gloves

Waterproof riding gloves with a stretch outer, lightweight padding, and reinforced palm and fingers. Thin enough to ride in, but warm enough for the coldest, wettest days.

Pros: They were waterproof, even when I dropped them in a puddle!

Cons: They are very bulky to work in and hold reins.

Buy if... you want a big pair of waterproof gloves.

Colour: Black

Sizes: XS–XXL

RRP: £27.99

☎ 01462 432596

mountainhorse.co.uk

★ ★ ★ Rate this feature

Go to tinyurl.com/RateSpring15 for a chance to win a Mountain Horse Crew jacket (see p9).

Let's get digital

15 apps every horsey person needs

Essentials

■ FLASHLIGHT

(Android/Apple, FREE)

Essential for finding lost keys in a dark corner of the feedroom or locking the yard gate.

■ GOOGLE CALENDAR

(Android/Apple, FREE)

Sync your work, social and horse diaries in Google Calendar and you won't forget that dentist appointment – for you or your horse – again!

■ MET OFFICE

(Android/Apple, FREE)

Unsure which rug to put on tonight? The ultimate weather forecast will help you decide!



Out and about

■ THE LAND ROVER BURGHLEY HORSE TRIALS

(Android/Apple, FREE)

Keep up to date with the goings-on, walk the course and learn more about the competitors.

■ HICKSTEAD

(Apple, FREE)

Track classes, use the showground map to find your way around and use the shopping directory to plan your spending.

■ WOOF WEAR TRACK MY HACK

(Android/Apple, FREE)

Track your route, speed and distance, then share with friends.

Competing

■ CROSSCOUNTRY LITE

(Apple, £1.99)

Can't get to a big event? You can still walk the course with this cool app.

■ CLEANSORT

(Android/Apple, FREE)

A full list of FEI prohibited substances, plus a description of each medication.

■ DRESSAGE MEMORISER

(Apple, £1.09)

Draw the floorplan into the app and it'll help you practise your test anytime, anywhere!



TWITTER

(Android/Apple, FREE)

Follow your fave events, riders and brands.

**Don't forget to make
@HorseandRiderUK
your first follow!**



Stable management

■ HORSE BUDGET

(Apple, £0.69)

Set your monthly horse budget, then track your spending weekly, monthly and yearly.

■ STABLE MATE

(Android/Apple, FREE)

Track your horse's management regime easily and quickly. Also includes a facility to track your rides and share with friends.



Training

■ THE HORSEHUB

(Apple, FREE)

Advice from a huge range of top riders in every discipline will help boost your training plans.

■ EQUITEMPO

(Apple, £1.49)

The simple metronome helps you track changes in your horse's rhythm.

■ 101 SCHOOLING

(Android/Apple, £12.28/£13.99)

101 schooling exercises stored in your phone. You'll never lack inspiration for a flatwork session again!

Our expert



As personal make-up and hair stylist to award-winning recording artist Adele, Michael Ashton has won worldwide acclaim. His illustrious client list also includes Bianca Jagger, Eva Herzigova, Elle McPherson, Amber Heard, Neve Campbell, Ellen Pompeo, Natasha McElhone, Saffron Burrows and Daisy Lowe. In his spare time, Michael is an aspiring event rider competing at BE100.

Scrub up well HAIR, & SKIN HAND CARE

Protect your hair, skin and hands, whatever the weather with these simple tips from top stylist Michael Ashton

It can be hard to keep your hair, skin and hands in good condition if you work with horses. Hat hair, bad weather and tough jobs can really take their toll. But it's not all doom and gloom – there are a few simple things you can do to keep your hair and skin soft, even at the yard.



Crowning glory

Whether you have a short style or long, luscious locks, a bit of care and attention will keep them looking their best. Regular visits to a great stylist every six to eight weeks will help keep split ends at bay, and a cut that flatters your face shape and is practical to maintain and style on a day-to-day basis will make a real difference.

Remember to take into consideration the amount of time you'll have for styling your hair. Long hair that's one length can be easy to pull back into a ponytail for the yard, but a fantastic style can work wonders for your appearance and confidence, too. So if you're looking to try something different, talk to your stylist about what styles fit your face shape and are easy to maintain given your time constraints.

It's important to use the right products to treat any specific concerns you might have. There is a big range available for issues such as dry, colour-treated hair, thick or curly hair that needs extra moisture, or fine hair that could

benefit from extra volume. Everyone is different and needs to tailor their routine slightly, but washing your hair every three to four days should be plenty and will help with your hair's overall condition. If you do find that your scalp has a tendency to become a little oily, brushing from the roots through to the ends will help distribute any excess oil or, failing that, a quick spritz of dry shampoo should tide you over.

When it comes to washing your hair, it's a two-step process for the best results. Use a shampoo that targets your hair concerns and use it twice – first to remove dirt, sweat and product build-up, and second to treat your hair. After rinsing, apply conditioner. The product you choose will depend on your hair type and need. A nourishing cream product works wonders on dry or thicker hair that needs a little added weight, or for a lighter touch, try a spray-on, leave-in conditioner.

Styling tips

Styling tools are the best way to save time and get the results you're after.

Using a professional hair-dryer will cut drying time in half, while hot tools like curling irons will quickly create added texture and volume.

Alternatively, use straightening irons to smooth unruly hair for a sleek finish.



Michael's top selection for FABULOUS LOCKS

- Kérastase Masquintense
- Kent Cushion Hairbrush
- Kevin Murphy Leave-In Protection
- WAM Hair-dryer
- ghd straighteners

jodhpur boots



100%
Leather upper
Available in size 11 Junior
to 11 Adult and black
or brown

CLASSIC BOOTS

£21⁹⁹

2013 price £24.99

Customer rating:



Full grain calf
skin leather upper
and leather lined
Available in UK Adult 2.5 - 11,
black or brown

HOLSTEIN BOOTS

£34⁹⁹



Full grain calf
skin leather upper
and leather lined
Available in UK Adult 2.5 - 11,
black or brown

•Rear zip for easy fitting
of the boots

PADDOCK LACED BOOTS

£49⁹⁹

Customer rating:



Full Equestrian range
available online



Fouganza
horse riding emotion

exclusive to:

DECATHLON

DO YOU USE ONE OF THESE?



DO YOU NEED...

DRIVER CPC? or AN 'O' LICENCE?

HAVE YOU THE CORRECT DRIVING LICENCE CATEGORY?

ARE YOU CPC EXEMPT? OR NOT?

Many owners of horseboxes are driving them without the right licences
or qualifications and risking fines of £1,000 or more

Call us today for information about new EU driver legislation and training
for horsebox drivers

DON'T GET CAUGHT OUT - PROTECT YOUR LICENCE
HUNTSMILL TRANSPORT TRAINING

Courses available nationwide



Huntmill Transport Training

01793 230 453

07889 985 871

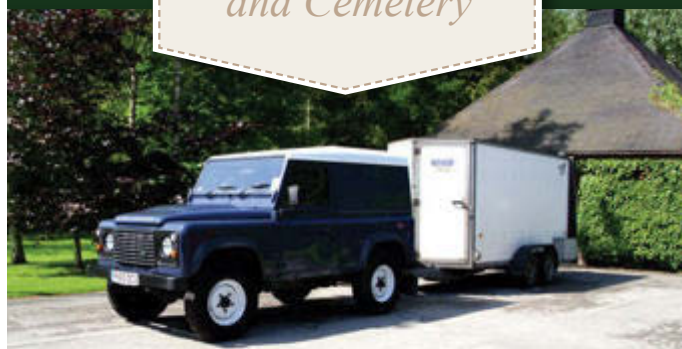
www.huntmill-training.co.uk

Email: enquiries@huntmill-training.co.uk

driver cpc



Leyland
Pet Crematorium
and Cemetery



We are the only horse/pony crematorium
in Lancashire that can collect in our
designated vehicle and adapted trailer,
and bring direct to our crematorium for
cremation. Genuine individual cremation.

Reasonable prices quoted.

Contact us

Telephone: 01772 622466

Web: www.petcrematorium.co.uk

Email: info@leylandpetcrematorium.co.uk



Michael's top selection for SKINCARE...

- Decléor Aroma Cleanse
- Decléor Aromessence Rose d'Orient Oil Serum
- Estée Lauder Day Wear Moisturiser
- La Roche-Posay Anthelios Face Ultra Light Fluid SPF50

Save your skin

No matter what the season, protecting your skin from the elements is the key to a radiant appearance. And if you spend your days outside with horses, you'll know how vulnerable your skin is to the effects of the elements. Even if you don't have much time, it is worth establishing a good skincare routine, paying special attention to the delicate skin on the hands, face and neck area.

Finding the right cleanser for your skin is a case of trial and error, but look for a product that leaves your skin feeling clean and nourished. It is important to make sure that your cleanser isn't over-treating your skin, which can cause excess oil production and shine. When cleansing your skin, the same principal applies as with haircare – double cleanse for the best results. The first cleanse removes dirt and oil and the second treats any specific skin conditions.

There are many different formulations to choose from, depending on your needs and budget. A favourite of mine is Decléor Aroma Cleanse, I find it tends to work well on most skin types as it not only cleanses, but also hydrates and leaves skin with a natural radiance. Facial oils and balms are a great alternative to your classic moisturiser since they supercharge the skin with hydration, yet are absorbed quickly without leaving any residue.

If you are using a moisturiser that doesn't contain a sunscreen (SPF), then I would always recommend applying some form of sun protection as a base first. Sun damage is the biggest culprit when it comes to the early signs of ageing and prevention is key, even if it's overcast and raining.





Marvellous mitts

Finding the time to pop into the nail salon each week for a manicure or pedicure might be a bit of a push for most busy horse owners, but that doesn't mean your hands and nails don't deserve some attention after a busy morning on the yard.

A simple nail brush will remove all that stubborn stable grime from your cuticles and nails, and wearing gloves around the yard will protect your hands and help to keep them clean. Storing travel-sized tubes of hand cream in the car and your handbag will also come in handy when you're on the move.

If you want to create the salon experience at home, try soaking your hands in warm water infused with a few drops of essential oil just before bedtime, then apply a generous amount of hand cream before slipping on a pair of manicure gloves. When you wake up your hands should be feeling fantastic!

Michael's essential HANDCARE PRODUCTS

- Riding and work gloves
- Kiehl's Ultimate Strength Hand Salve
- Botanics Bamboo Spa Gloves

★★★ Rate this feature

Go to tinyurl.com/RateSpring15 for a chance to win a Mountain Horse Crew jacket (see p9).

**SPRING
OFFER**
10% off
aloeride.co.uk



A picture of health... Nikki riding 2* event horse Genie.

'Genie is an older KWPN horse and on loan to me so it's important she is kept in the best condition. I am working on building her topline and strength across her back. My other horse, Wanda, will be aimed at Novice events this year and is also looking very well. I hope Aloeride will support the more rigorous work she will be doing over the next few months. Both mares have amazing coat shine and feel great to ride' said Nikki. All she did was add 1 sachet to feed daily... another real life example for you to enjoy and follow.



Aloeride

cleverer nutrients, better results

www.aloeride.co.uk 01858 464550



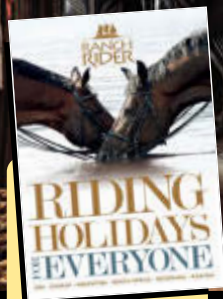
RANCH RIDER

RIDING HOLIDAYS FOR EVERYONE!

We have the ranch experience to suit you, whether an experienced or novice rider, even non-riders. Ideal holidays for families, couples and singles.

**RANCH HOLIDAYS IN
NORTH AMERICA, ARGENTINA,
SOUTH AFRICA, BOTSWANA
& NAMIBIA**

**CATTLE & HORSE DRIVES,
PACK TRIPS, ADVENTURES,
WHITEWATER RAFTING
AND MUCH MORE**



**2015
BROCHURE
OUT NOW!**
call for your copy

+44 (0) 1509 618810
email: info@ranchrider.com
www.ranchrider.com

ABTA 96395 · ATOL 4660



DETANGLE LIKE A PRO



Photo: Kevin Sparrow

"I am a strong believer in Absorbine products, and it means a lot to have a trusted brand standing behind me as I head to the World Equestrian Games,"

Charlotte Dujardin

**Absorbine® is Proud to
support Charlotte Dujardin**

**OUTSTANDING RESULTS FOR
EVERYDAY GROOMING**



The Horse World's Most Trusted Name®
Available from your local Absorbine® Stockist



www.absorbine.co.uk



Out & about

TAKE A LEARNING CURVE

Many charities have brilliant experts and great facilities that they open up to visitors from time to time. So grab the chance to attend one of these great educational events...



Valentine's Clear Round Jumping with Ali Pearson

When: 14 February, of course!

Where: World Horse Welfare's Hall Farm, Snetterton, Norfolk

What: School your youngster or simply have a go at showjumping and get advice from an instructor in the arena – £7 per round



Donkey care courses

When: Week and weekend days

Where: Leeds, Manchester, Sidmouth, Cwmbran, South Wales, Sutton Coldfield Birmingham, Colne Engaine, Essex, Buxton Derbyshire, Bridgend, South Wales

What: A range of five free donkey care courses, starting with Introduction to Donkey Care and progressing on to clicker training



Dogs Trust 'Both Ends of the Lead'

When: 21–22 February 2015, 9am registration then 9.30am – 4pm

Where: Dogs Trust, Merseyside

What: Workshop for reactive dogs and owners with trainer Janet Finlay



Redwings Veterinary Seminars

When: Last Wednesday of the month, beginning 25 February, starting 6pm

Where: Redwings, Nazeing, Essex

What: Free seminars with Redwings' Welfare Veterinary Surgeon Nicola Berryman and Head of Veterinary and Care Nicky Jarvis



Sharon Hunt Indoor Cross Country Clinic

When: 11 March

Where: World Horse Welfare's Hall Farm, Snetterton, Norfolk

What: Boost your performance, or get started jumping cross-country type jumps, with Olympic eventer Sharon Hunt – £40 per person for 1 hour 15 minutes



Donkey Week

When: 5–9 May

Where: The Donkey Sanctuary, Sidmouth, Devon

What: A chance to see behind the scenes at The Donkey Sanctuary HQ in Sidmouth, meet the staff, and enjoy a week of exclusive events and learning opportunities



Plan some great days out learning, competing or having fun – and support our wonderful animal charities

Contact details dogstrust.org.uk • thedonkeysanctuary.co.uk • worldhorsewelfare.org • mareandfoal.org

FUN, FUN, FUN!

Sponsored rides (and dog walks) are enormous fun and a great way to raise money for charity. Plus, you get to ride around amazing countryside and estates you'd probably never be able to set a hoof on in normal circumstances.



Wags and Waves Sponsored Walk

When: 19 April

Where: Saunton Beach, Devon

What: Dogs Trust Ilfracombe Sponsored Walk on dog-friendly Saunton Beach



Balmoral Sponsored Ride

When: 23 May

Where: Balmoral Estate, Aberdeenshire

What: World Horse Welfare's inaugural Balmoral Sponsored Ride will be an amazing ride in this most unique of venues – places are limited, so register early by email at francesplume@worldhorsewelfare.org



Midsummer Ride

When: 21 June, 9.30am – 12.30pm start times

Where: Berry Pomeroy Estate, Totnes, South Devon

What: Enjoy a stunning eight-mile ride around the exclusive grounds of Berry Pomeroy Estate, courtesy of the Duke of Somerset, with all funds raised going towards the Mare and Foal Sanctuary

TEA AND SHOPPING

As well as having great gift ideas for horse friends in their visitor centres, charities organise sales of all kinds of things – for example, saddles, bridles and equestrian art. Or why not hold your own charity tea party?



Massive tack sale

When: 21 February

Where: World Horse Welfare's Hall Farm, Snetterton, Norfolk

What: A huge selection of new and second-hand items of tack, all offered at great prices – all proceeds go to the charity



Equine Art Exhibition

When: 25–26 April, 10am – 4pm

Where: The Mare and Foal Sanctuary Visitor Centre, Totnes, Devon

What: Equestrian artists showcasing work inspired by the sanctuary's horses, from postcards to oil paintings



Paws for Tea

When: 15 May

Where: Your place!

What: Hold a tea party in aid of the Blue Cross animal charity – download your free party pack from the website



Walks, quizzes, sales

When: Various dates and locations

What: The Brooke Champion Groups' fundraising events, including tack sales, quizzes and sponsored walks

GO TO THE SHOW

Feeling like getting out more? Check the charities' websites regularly for competitions and shows to take part in.



Redwings Show

When: 17 May

Where: Tophorn Equestrian Centre, Suffolk

What: Showing classes including novice, lead rein, in-hand classes, clear round jumping, TARRA (Thoroughbred and Retired Racehorse Association) classes and more



Indoor Show Season

When: 22 February, 15 March and further dates to November 2015

Where: Tall Trees Arena, Davidstow, Cornwall

What: In-hand and ridden showing classes, and showjumping from 1ft 6ins to 3ft, in aid of South West Equine Protection



Grand Opening Day

When: late summer

Where: HAPPA, Burnley

What: Major redevelopment of the Shores Hey Rescue and Rehabilitation Centre will enable them to run lots of events and clinics – see the website for the Grand Opening Day

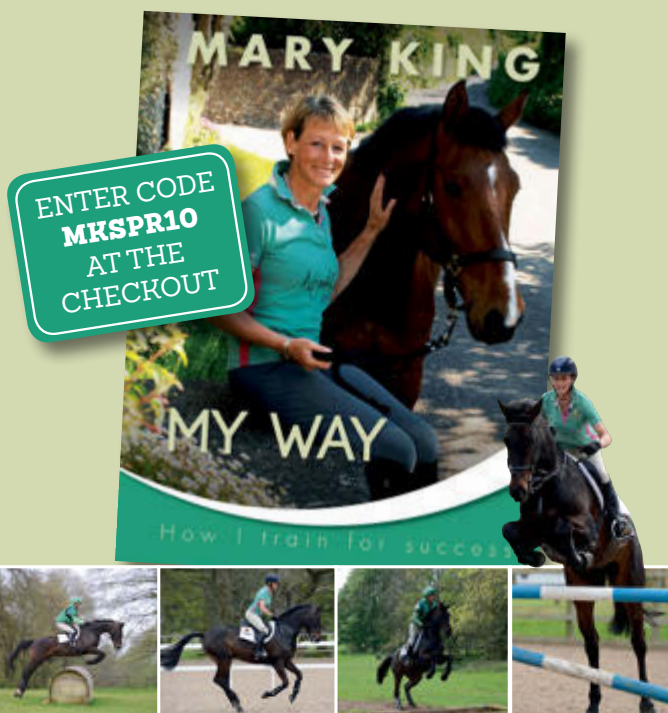
Can you help rehoming horses?

Equine charities do a fantastic job rescuing, rehabilitating and rehoming horses, and it's always worth considering them when you're looking for a new horse. Horses4Homes is a web-based charity that relocates horses whose owners can no longer keep them with carefully-vetted new homes, via its

state-of-the-art online listing and application process. Recent demand for the charity's services has been huge, with almost 2,000 people viewing the site each day – volunteers to provide virtual support from home would be very welcome.

SAVE 10%

on 'Mary King - My Way'
at horseandrideruk.com



Offer available while stocks last and excludes postage. Offer ends 31st March 2015.

ON SALE 19TH FEB

FREE!

UK only

PONY MAG — UK'S NO 1 TEEN HORSEY MAG!

PONY desk sticky notes!

PONY

FREE

PONY DESK STICKY NOTES

REAL LIFE EXPERIENCES

START A HORSEY CLUB!

Duggie gets new shoes

Solve your jump probs

- No Impulsion
- Running out
- Jumping too high

Amazing PIN-UP POSTERS

We meet Zara Phillips

PONY Magazine is available from all good newsagents and retailers including Tesco, WHSmith, ASDA, Sainsbury's, Morrisons, Martin McColl and Waitrose, or buy the latest issue online (with free UK postage) at www.ponymag.com! Can't find PONY Magazine? Call ☎ 01428 601020 for help.

See our work first hand!



WorldHorseWelfare

We're the UK's largest horse rescue and rehoming charity. At our centres horses in need receive urgent care and specialist rehabilitation to nurture them back to health before we find them loving new homes.

From the breathtaking scenery of Royal Deeside in Scotland all the way down to the beautiful rolling hills of Somerset, these centres are at the heart of our charity's work and a great family day out - and all of them are free to visit!

For information, opening times and special events please visit our website, where you can also see a selection of the horses and ponies ready for rehoming.

We hope to see you soon!

Visit us
this Easter
**ADMISSION
FREE**



Aberdeenshire
Lancashire
Norfolk
Somerset



www.worldhorsecelfare.org

Registered charity no: 206658 and SC038384

This month we love...

Check out some of the great new horsey stuff this month

The **Equetech Kenton Tweed Grooms Bag** combines fashion styling and functionality, with a snaffle and ribbon print lining plus chocolate-coloured leather straps and brass effect buckles.

Colours: Green, wheatley tweed

RRP: £54.95

☎ 01296 688 966

equotech.com



Warm but light, the **Cavallo Donatella** jacket is down-filled. Slim-fitting and stylish, the cuffs and collar are lined with faux fur. Sporty details include a two-way zip and zip pockets.

Colours: Metallic black, violet, stone, metallic blue

Sizes: 34-46

RRP: £225

☎ 01352 763350

zebraproducts.co.uk

“ Say goodbye to scruffy coats
and mud caked on your horse ”

Say goodbye to scruffy coats and caked-on mud with the

Winner's Circle brush collection from Shadow Horse. It's available in six different styles, all made from natural fibres and featuring ergonomic handles.

RRP: £12

☎ 01628 302301

shadowhorse.co.uk



The **Funky Fido shoulder bag** is just the right size for dog walking. Carry bags, treats and other personal items in style with this adjustable shoulder bag that comes in four great colours.

Colours: Pink, brown, navy, red

RRP: £14.95

☎ 07515 934478

funkyfido.co.uk



“ Don't miss these revamped, classic feed favourites ”

Tried & tested

Fouganza Performer 500 breeches

Colours: Brown, white, black

Sizes: XXS-L

RRP: £39.99

decathlon.co.uk

PROS: “These breeches offer excellent value for money. They are cut with a flattering self-seat, and the knee patches offer good stability in the saddle. The stretchy lower leg panel means they fit comfortably under long boots. The five pockets (three of which have zips) are really useful. They even come with a two year guarantee – I really don't think you could ask for more for your money!”

CONS: “I found they stretched a little in between washes, but returned to shape when I washed them.”

BUY IF... you're looking for great-value, practical and smart breeches.



The **Spillers Essentials** range includes new, improved versions of three feeds horse owners know and love. Choose from high fibre cubes, horse and pony cubes or cool mix.

RRP: From £8.25

☎ 01908 226626

spillers-feeds.com

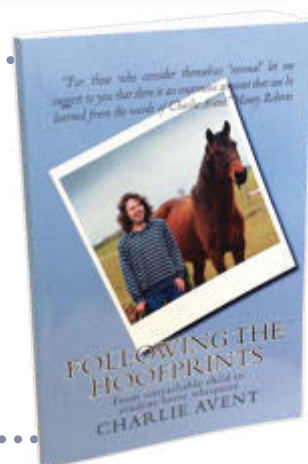


Following the Hoofprints

tells the true story of Charlie Avent, an autistic boy, and his horse Oscar. Although Oscar had faced difficulties of his own, he helped Charlie learn how to cope with the everyday struggle of living with autism.

RRP: £11.44

autismmeetsnaturalhorsemanship.com



Tried & tested

Baleno Sheringham jacket

Colours: Light khaki, dark olive

Sizes: S-XXL

RRP: From £147.95

baleno.be

PROS: “This coat has so many added features that make it great for country pursuits and riding. Zipped vents at the back make riding easy, but keep out the breeze when walking. The cuffs kept the draughts out, but strategically-placed ventilation holes under the arms kept me just at the right temperature. It is completely waterproof, and the zip-off hood was great for those blustery days, too.”

CONS: “None.”

BUY IF... you want a warm, waterproof winter coat that can transition from saddle to socialising in town.





The relaxed shape of the **Brady Bags Captain's Holdall** disguises a deceptively large bag, ideal for weekends away and designed to meet carry-on dimensions for most airlines. The stylish, sturdy, full-grain leather design is made to give a lifetime's service.

RRP: £395
bradybags.co.uk

The sophisticated brown and white **cowhide leather belt** from **Pampeano** is made from high-quality cowhide leather, finished with an antique brass buckle. It comes in a fine gift box.

Sizes: 80-120cm
RRP: £49
01844 237077
pampeano.co.uk



Featuring an innovative design and plethora of colour options, **Ira stirrups** are a great way to colour co-ordinate your tack. Made from high-tech synthetics, they offer shock absorbing properties.

Colours: Black, brown, pink, red, orange, blue, green, yellow
Style/size: Standard, XXL or baroque
RRP: From £60
ira-steigbuegel.de

Tried&tested

Elico Purbeck Combo Fly Rug

Size: 5ft 9in – 7ft

RRP: £51.95

elico.co.uk

PROS: "After a full season's use, this rug still looks brand new. Although it feels quite heavy, my mare never got hot or sweaty underneath. I also liked the added lining on the neck and shoulders to prevent rubbing."

CONS: "I wish it had leg straps, too, as I find they offer extra stability."

BUY IF... you want a fly rug that offers protection from biting insects and is durable, but also allows airflow.



Tried&tested

Horse Pilot down



jacket

RRP: £210

Sizes: XS-XXL

horsepilot.com

PROS: "This jacket is really comfortable and hard-wearing. It's perfect for riding

Tried&tested

Le Chameau Vierzon Fur Boots

Sizes: 36-42

RRP: £160

lechameau.com

PROS: "These boots are like a bed for your feet. The fur lining is gorgeous and kept my feet toasty in all weathers. They are fully waterproof. I have worn them extensively and they still look like new."

CONS: "They are on the pricey side, but are well worth the money as an investment piece for your horse's wardrobe. It would be good if they came in more colours."



Perfect prizes

1 Holistic well-being

to win!

One lucky reader will win a **Certificate in Natural Wellbeing for People and Animals course**, worth £224, and a pair of **Bioflow brushing boots**, worth £59.50. The certificate, designed for people who like to keep their animals in a natural and holistic way, is an online course with a multiple-choice test at the end. Bioflow boots use magnetic technology to help relieve muscle stiffness. They're made from weatherproof, breathable material, and have protective strike pads and hook-and-loop closures. Available in two sizes – small (up to 14hh) and large (over 14hh).



For more information, ☎ 07814 822531
or visit animalhealthefe.com/training

13 Brush to protect

to win!

Thirteen lucky readers will each win a **KBF99 dandy brush**, worth £13.50 and **curry comb**, worth £4.50. These anti-bacterial grooming products help to kill bacteria and fungus without the use of chemicals. They're made with the KBF99 additive, which has been tested at Coventry University against bacteria and fungus that cause strangles and ringworm. The KBF99 additive is effective for a minimum of three years and all products feature a best before date.



For more information, ☎ 01239 614648
or visit kbf99.co.uk

3 Fantastic feeder

to win!

Three lucky readers will each win a **Hay Bar**, worth £69.99 each. This hay feeder is fitted into the corner of your horse's stable, allowing him to eat hay from the floor, while reducing waste. Made from high-density polyethylene, with a rounded and reinforced top edge, the Hay Bar can be easily installed.

Available in pony (approximately 27in high) or horse (approximately 36in high) sizes.



For more information, ☎ 01723 882434
or visit haybar.co.uk

4 Super supplement

to win!

Four lucky readers will each win a 450g tub of **Equine America Cortaflex HA SuperFenn**, worth £52.99 each. This new product combines Cortaflex HA super strength solution with Super Fenn to support your horse's joints. Key ingredients include chondroitin, glucosamine, sodium hyaluronate, silicon and bromelain.



For more information, ☎ 01403 255809
or visit equine-america.co.uk

To enter, complete the form on **page 144** or visit horseandridercompetitions.co.uk

£1,381-worth of prizes to be won!

3

Pretty pearls

to win!

Three lucky readers will each win a **bespoke pearl and sterling silver snaffle bracelet** from **Hiho Silver**, worth £80 each. The bracelet is made using a combination of finest freshwater pearls, beads and silver loops, in the colour and design of your choice. Finished with a snaffle and T-bar fastening, in sterling silver or two-toned snaffle with silver T-bar.



For more information, ☎ 01460 221006
or visit hihosilver.co.uk

4

Feed like a champion

to win!

Four lucky readers will each win four 20kg bags of **Balanced Horse Feeds Show Mix**, worth £12.62 each. It's a fibre-based, conditioning feed designed to aid weight gain, promote extra condition and provide show-ring shine. It contains a blend of long fibre sources, controlled levels of cooked cereals and a vegetable protein source, plus a concentrate pellet containing a broad-spectrum vitamin and mineral supplement, and soya oil for coat gloss.



For more information, ☎ 01372 721700
or visit balancedhorsefeeds.co.uk

Entries must be received by 31 March 2015



HICKSTEAD

#SafetyForShowJumpers



airowear
E Q U E S T R I A N

H&R horses for sale

The UK's best FREE horsey marketplace

Three easy ways to place your FREE horse for sale advert



ONLINE Go to the *Horse&Rider* website, horseandrideruk.com.

Click on 'Add a new classified ad' and showcase your horse with up to four images and a video.



BY EMAIL Adverts must be no more than 30 words. Remember to

include your complete contact details. Attach up to four landscape-shaped photos as jpgs. Email your advert to horsesforsale@djmurphy.co.uk



BY MAIL Send your horse's details with four clear,

landscape-shaped photos and an SAE to: Horses for sale, *Horse&Rider*, Marlborough House, Headley Road, Grayshott, Surrey GU26 6LG.

See your advert online at horseandrideruk.com plus we'll publish a select few inside ***Horse&Rider*** magazine



Quality event gelding

● **16hh**, TB X, gelding, 4 yrs. By Hot Rumour, out of a hunter mare by Future Role. This fabulous chestnut homebred event gelding has been professionally backed. A lovely, straight mover with exceptional temperament. £4,500.

☎ 07790 610077 (Hampshire)



● **13.1hh**, New Forest mare, 10 yrs. Ready to have a competent little friend. Schools nicely in an outline and jumps 3ft with ease. Loyal, would make fab PC pony. POA.

☎ 07818 423655 (Hampshire)



● **15hh**, TB X, mare, 2 yrs. To make 16.1hh, completely unspoilt and nicely put together. Has been bitten, loads and travels well, good with the farrier. £1,700.

☎ 07970 583720 (Kent)



● **12hh**, yearling gelding. Expected to make 15hh plus. Excellent to lead, catch, box and for the farrier. Handled on a daily basis, very respectful. £650.

☎ 07557 989606 (Notts)



● **16.3hh**, Welsh X, gelding, 9 yrs. Home much more important than price. Has hunted, extremely bold. Very fast learner, however, he's a big boy so needs firm handling. £2,800.

☎ 07545 939479 (Kent)



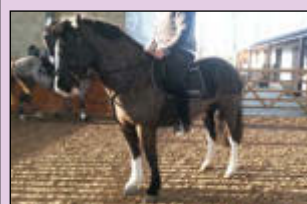
● **15.1hh**, ISH gelding, 7 yrs. Flashy coloured. A fun little horse to suit a competitive teenager. Hacks, has done XC and SJ, has three nice paces, fit and ready. £6,000.

☎ 07940 060398 (East Sussex)



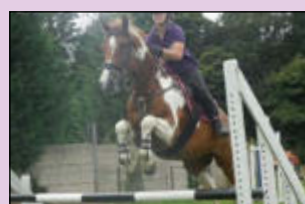
● **13.2hh**, New Forest mare, 8 yrs. Suitable for a confident teenager, has lovely, balanced paces and a fabulous jump. Would easily compete BE with a good jockey. £1,000.

☎ 07825 251470 (Wiltshire)



● **15hh**, cob mare, 6 yrs. A lovely mare with qualities that are rare to find. Placid temperament and naturally freeflowing movement. Would excel in any sphere. £1,950.

☎ 07718 620336 (N Yorkshire)



● **16.3hh**, WB X, gelding, 8 yrs. Not a novice ride. Hacks in company, been XC schooling and enjoys SJ. Fantastic hunt or showing potential, good to handle. POA.

☎ 07747 771470 (Kent)



Perfect project horse

● **16hh**, ISH mare, 9 yrs. Very powerful and keen SJ, rarely knocks a pole. Would suit a BE, BD or BS home. Has done some lateral training, however, would need more work. Not an easy horse to ride, she is a quirky mare. Has had successful kissing spines operation over a year ago. £1,500.

☎ 07814 568811



● **14.2hh**, Connemara gelding, 12 yrs. Hacks alone or in company. Fun but safe ride. Fast against the clock and jumps everything. 100% in all ways. 5* home required. £5,000.
☎ 07964 661902 (Berkshire)



● **16.2hh**, TB X, gelding, 6 yrs. Exciting future competition horse. Successful at Prelim dressage and competed at 90cm. Not a novice ride as forward going. £4,000.
☎ 07733 092588 (Norfolk)



Top-class endurance horse

● **15.2hh**, TB X, mare, 10 yrs. FEI 2* endurance horse, ultimate all-rounder with three good paces and correct jump, showing all the qualities to make a fantastic eventer. Anybody's ride, forward going but safe and sane. Type hard to find. £5,000.

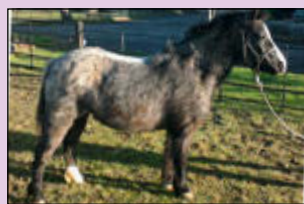
☎ 07982 628454 (Gloucestershire)



● **13.1hh**, Welsh X, mare, 8 yrs. Has hunted and done working hunter pony classes. Well-mannered, ready for all PC activities. First to see will buy. £1,500.
☎ 07749 553445 (Somerset)



● **13.2hh**, cob mare, 3 yrs. Broken to ride and drive. Very quiet, 100% in traffic, great manners. Only done basic work under saddle, been driven by an 11-year-old. £600.
☎ 07599 698781 (N Yorkshire)



● **11.3hh**, Welsh X, gelding, 11 yrs. Lovely little blue roan gelding who will excel in any sphere. Boxes well. Sad sale due to unforeseen circumstances. £600.
☎ 07749 553445 (Somerset)



● **15hh**, cob mare, 4 yrs. Very flashy show cob with lots of presence. Will excel in the show ring, straight movement. Easy to deal with, lovely temperament. £4,250.
☎ 07981 221857 (West Yorkshire)



Gentle Irish cob mare

● **16hh**, cob mare, 5 yrs. Outstanding, gentle, cremello Irish cob mare for sale at a reduced price. To go to a good, experienced home. £750.
☎ 07054 685233 (Bristol)



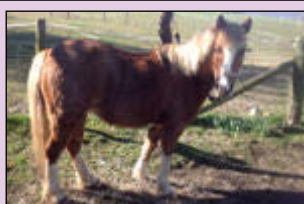
● **15.2hh**, TB X, gelding, 4 yrs. Professionally backed bright bay gelding with a fantastic temperament. Jumps and moves well. By Beyond Suspicion. £1,500.
☎ 07749 553445 (Somerset)



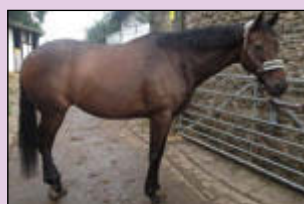
● **14.3hh**, Quarter Horse mare, 5 yrs. Registered, well-bred mare, backed last year and turned away. A pleasure to own, a chance to own something special. £2,000.
☎ 07794 028327 (Lancashire)



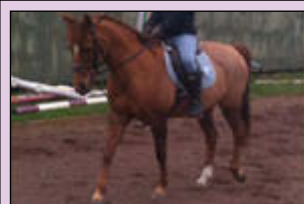
● **13.2hh**, Cleveland Bay mare, 13 yrs. Great local competition pony, no vices. Deserves a loving home with someone who appreciates her sweet nature. £500.
☎ 07850 158178 (Durham)



● **11.1hh**, Welsh Section A mare, 6 yrs. Great 2nd pony, keen and eager to please. Backed and ridden previously, and lunged over the last year as a companion. £750.
☎ 07774 329217 (Moray)



● **17hh**, TB gelding, 10 yrs. Ex-racehorse, tendon injury kept under control with remedial shoeing. Excels in DR, comes with complete wardrobe. Unable to jump. £1,000.
☎ 07791 991145 (West Midlands)



● **14.1hh**, Arab mare, 14 yrs. Not a novice pony, loving home required as she is very sweet natured. Been out of work for a year, good to catch and shoe. POA.
☎ 01575 575871 (Angus)

Fabulous all-rounder

● **15.2hh**, TB X, gelding, 19 yrs. A pleasure to own, very sad sale. Stunning stable manners and a pleasure to hack alone and in company. Competed up to Medium DR, has evented and done SJ. Sale includes some tack and rugs. Price reflects age. £950.
☎ 07905 122084 (Lincolnshire)



JARGON BUSTER BD: British Dressage; BN: British Novice; BS: British Showjumping; CS: cob size; CT: combined training; Disc: Discovery; DR: dressage; ER: endurance ride; Exp: experienced; F/M: freezemark; FR: first ridden; FS: full size; HDT: horse driving trials; HT: hunter trials; ID: Irish Draught; Inc: including; ISH: Irish Sport Horse; LDR: long-distance rides; LR: lead rein; M/chip: microchip; MG: mounted games; M/W: middleweight; ODE: one-day event; P/port: passport; PBA: part-bred Arab; PC: Pony Club; POA: price on application PS: pony size; pt-2-pt: point-to-point; R&D: ride-and-drive; RC: Riding Club; Reg: registered; ROR: Retraining of racehorses; Sec: section; SJ: showjumping; TB: Thoroughbred; Vacc: vaccinated; WB: Warmblood; WHP: working hunter pony; XC: cross-country.

Photos should be clear, landscape-shaped and not copyrighted. All photographs sent at advertiser's own risk.

Modern manor



Live in opulent luxury in this newly built country house with stabling

Guide £995,000

For more details:

Finest Properties

☎ 01434 622234

finestproperties.co.uk

Modern luxury is at your fingertips in Cornsay House, a modern, newly built country house in rural County Durham. The house is located in Cornsay, near the amenities of Lanchester, which include post office, shops, pubs and schools.

The house is set up for family living with a large, open, combined kitchen, breakfast and family room. Oak units, granite work surfaces and a cream electric Aga add to the elegance and utility of the room. Upstairs there are six bedrooms and three bathrooms, with a further WC located on the ground floor. Your feet will stay warm with underfloor heating in the bathrooms as well as on the ground floor.

For your horse, there are three stables in a beautiful, airy American barn. A tack room adjoins and there's space for storing hay, implements and a tractor. There are two garages and plenty of room on the drive for your horse's transport.

All this could be yours!

- 🔑 In all two acres
- 🔑 Six-bedroom, four-bathroom house
- 🔑 Extensive gardens
- 🔑 Three stables in an American barn
- 🔑 Tack room
- 🔑 Tractor garage with room above
- 🔑 Paddock
- 🔑 Hay store



Horse AND Rideruk.com

➔ **For a selection of equestrian properties for sale**

PROPERTY

LEGGETT IMMOBILIER



Lesgor, France **£332,698**

In a peaceful setting, this beautifully renovated 6 bedroom farmhouse has been completed to a high standard and offers generous family accommodation, covered terrace and swimming pool. Set at the edge of a forest with 3 hectares of grazing, there are 15 stables in two separate barns and an arena.



Mareuil, France **£729,738**

Fantastic equestrian property on 40 hectares. Until very recently it has been a first class stud farm. The living houses are beautiful and the surrounding countryside is quite stunning. There's a very special ambience here which has a spellbinding charm.



Aignan, France **£297,052**

Equestrian property comprising of indoor stables, 6 hectares land, 2-bedroom farmhouse with 2-bed gite and swimming pool. This is a rare opportunity to acquire an equestrian property. Excellent riding around the local vineyards in the beautiful Gascon countryside.



Reffannes, France **£261,406**

Equestrian property with 4 hectares, stylishly renovated 4 bedroom barn, 8 horse boxes stable with tackroom, sand arena. Set in the tranquil countryside of Deux-Sèvres department, with lots of hacking for horses.



Haras du Pin, France **£380,376**

Stud farm on 26 acres of fenced paddocks. 3 bedroom stone Maison de Maître, beautiful old stone and brick barn with "American barn" style stabling, round pen, horse walker, open barn, superb fenced paddocks with field shelters. Possibility to rent a further 20 acres.



Glomel, France **£235,885**

Outstanding quality equestrian property with beautifully fenced, brand new, unused stables plus the benefit of a 4 bedroom Longère that has been renovated to an impeccable standard from top to bottom, but retaining all its character and charm.



Chantonnay, France **£712,924**

Various opportunities for this 1850's house and its 16/17th Century renovated annexe. It offers 6 bedrooms, with a possible further 2. Top quality equestrian facilities and 4.5 hectares of land and formal gardens. There are various outbuildings and the place is crammed with original features.



St Bauzille de Putois, France **£491,126**

Magnificent equestrian centre and stud farm, with a private apartment and private terrace, at the feet of the Cevennes Montaines. 3 Bedrooms, 18 boxes including 3 boxes for broodmares - club House, saddlery, closet and many paddocks with shelter.

For more information please call **08700 115151**, visit **www.frenchestateagents.com** or email **equestrian@leggett.fr**

SMART CARTS

Muller's Smart Carts are back!



The best stable cart ever designed. Tough, light, agile, perfectly balanced, huge flat load 12 cu ft+ + + available in UK once more only from

www.smartcartsuk.com

STABLING

QUALITY STABLES

from John Goodrick Equestrian

IF YOU NEED A QUALITY STABLE, FIELD SHELTER OR JUST A COPY OF OUR COLOUR BROCHURE.



OUR PRODUCTS ARE ALL HAND CRAFTED, USING QUALITY MATERIALS AND OFFER EXCEPTIONAL VALUE FOR MONEY.



WHEY CARR FARM, SAND HUTTON, YORK, YO41 1LB

TEL: 01904 468433 FAX: 01904 468433

email john@johngoodrick-equestrian.co.uk

www.johngoodrick-equestrian.co.uk

WE ALSO OFFER MOBILE SHELTERS, RUBBER STABLE MATS AND ELECTRIC FENCING

RETAILER



EQUISTEAD

Home of Equestrian Style • www.equistead.com

STABLING, FENCING & ARENAS

CLARKE Equine Services

Nationwide Specialists of All Weather Arenas, Gallops, Lunging Rings & Fencing from planning to aftercare service.



Telephone: 01492 536475 Mobile: 07748 970174
Email: jclarke@btconnect.com www.clarkeequineservices.co.uk

RJF & SONS LTD

FENCING CONTRACTORS

Call Richard Jones
☎ 0800 632 5595
☎ 07778 628 205

- 30 years experience supplying and installing all types of fencing including post and rail, netting and electric fencing systems.
- Paddock maintenance services available, including rolling and spraying.



Nick Blunt Fencing Ltd
Quality Assured Fencing Contractors

With our home and business nestled in the heart of West Sussex, it has become a natural progression that Nick Blunt Fencing is a leader in the construction of Equine & Livestock fencing. With all of our contractors fully trained in Livestock & Equine competency you can rest assured that we will be working in harmony alongside your animals with safety and understanding of their surroundings. In the first instance please contact Nick for on 07788 136632 or 01798 344848 to discuss your requirements. We look forward to hearing from you!

www.nickblunt-fencing.co.uk

fieldguard.com

Safe, durable and cost effective fencing
01483 275182 info@fieldguard.com

fieldguard.com

20 different mat types for equestrian use
01483 275182 info@fieldguard.com

C&S FENCING AND ARENAS

Whether you're looking for the installation of arenas, electric fencing, horse netting, post and rails, stables or tack rooms, C&S Fencing has you covered. Our wide range of equestrian fencing in Cheshire is available at a low cost rate.



www.csfencingcheshire.co.uk 01260 270 419

HorseANDRider

UK'S BEST-SELLING
EQUESTRIAN MONTHLY

EQUINE HEALTH

HORSE AND DOG MASSAGE COURSES

Online classroom with videos, notes and coaching (course also available via email). Articles on rehab, fitness, stretching and more.

07890 968115
www.horsesanddogs.co.uk

horseandrideruk.com

TARANET

Holistic health for animals - information online to help your animal's wellbeing, plus Aloe healthcare products.

Visit: www.taranet.co.uk
Email: info@taranet.co.uk
or phone us on: 01823 478337

INSURANCE



Insurance that beats
the competition



HORSE AND PONY

Pleasure and Competition horses
Choice of vets fees and excesses

HORSEBOX AND TRAILER

Lowest Premiums • Breakdown Cover

EQUESTRIAN LIABILITY

Livery Yards • Riding Schools
Instructors • Businesses

EQUESTRIAN PROPERTY

Stables and Buildings • Tack and Equipment



01992 707318

shearwater-insurance.co.uk



INSURANCE

Insuring Horse and Rider for generations!

Talk to a small established family owned equine insurance business with over 40 years experience.



CALL FOR A QUOTE TODAY!

01926 468770

www.hrid.co.uk

Email: enquiries@hrid.co.uk

Authorised and regulated by The Financial Conduct Authority. Terms and Conditions Apply.

WIDE RANGE OF POLICIES

- Young Horse
- Mature Horse
- Pony Package
- Rider Only
- Trailer Insurance

BENEFITS

- Range of Payment Plans including Direct Debit
- Generous Cover
- Low Fixed Excess



From happy hackers to serious competitors and everything in between we know that finding you the right insurance at the right price is not only important, it's everything. We know, because we're horse lovers too. Quite simply this is an insurance service at a higher level, an affordable level that you'll always find at Horse & Rider Insurance Direct.



ONLINE RETAILER



GRASS SEED

ROSETTES

Paddock Grass Seed
Free Catalogue Available
Improve, replace or renovate your pasture.
Wide range of grass leys for horses.
Free advice and information.

MAS Seeds Ltd

Tel/Fax: 01672 519994
www.meadowmania.co.uk

MAKE ROSETTES!

For your own club shows or start a home-based business. We supply ALL rosette components at wholesale prices.
www.trsribbons.co.uk
Tel. TRS Ribbons: 01289 386838 (Quote H&R)

**TO ADVERTISE
PLEASE CALL VICKY
ON 01428 601048**

CALMER

PAX Aromatic. Instantly creates calmness, trust and sensibility. Apply a tiny drop of Pax to YOUR HANDS; – NOT the horse. Effects start immediately & last all day. £22 - PayPal, E-bay or www.paxhorse.co.uk tel: 0161 303 1386.

Who will care for your beloved horse if you die?



Leaving your horse in the hands of those who care...

At World Horse Welfare we have over 85 years' experience in caring for horses. Leaving your horse to World Horse Welfare in your Will gives you the peace of mind of knowing that their future wellbeing will always be our priority.

If you would like information about how to secure your horse's future, please call us on **01953 497225*** or email: dawnwitney@worldhorsewelfare.org *lines open 08:30 to 5:00pm Mon-Fri

Please send me information about leaving my horse to World Horse Welfare.

Mr/Mrs/Miss/Ms
Name
1st line of address
Postcode

www.worldhorsewelfare.org/leaving-your-horse-in-your-will



World Horse Welfare

Registered charity No. 206658 and SC038384

Please return this coupon to:
Freepost Plus RRXL-LHJS-YEKK
World Horse Welfare
Anne Colvin House
Snetterton
Norfolk NR16 2LR

IPYP



WE DO NOT SELL OR SHARE OUR SUPPORTERS DETAILS
Please tick if you do not wish to receive future postal communications

UK HOLIDAYS

Improve your HEALTH with HORSES

Specialist Riding Courses for
Stress Relief
Relaxation
Revitalising your riding
Accident Recovery
Problem Solving
... and much more



Extras:
Yoga
Massage
Spa



Individual or Groups
6 days, 7 nights accommodation at
best B&B in Spain, or to suit your taste

Extra courses in Mediterranean Cookery available
Non riders welcome

Check out our regular riding holiday offers

www.centroecuestrelasminas.com
info@centroecuestrelasminas.com
00 34 952756037

Cortijo Las Minas



OVERSEAS HOLIDAYS



French Riding Holidays



Exciting riding in small groups,
suitably challenging for all abilities

Beautiful, well schooled horses

Ride as much or as little as you like

Try your hand on our cross country
course

Fully inclusive holiday with delicious
home cooked food and regional wines

Flexible arrival and departure dates

Visit us on
Facebook

FrenchRidingHolidays.co.uk

Call Derek or Anne on 00 33 565 434 569 Email: info@frenchridingholidays.co.uk

Cae Iago - Adult Riding Holidays

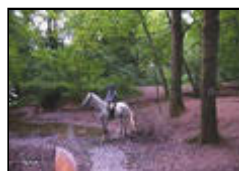
Weeks/Weekends/Midweek
Breaks/Trail Rides
Breathtaking countryside
Superb horses/Welsh Cobs
to suit all abilities
Basic experience
an advantage



Home Cooking.
Vegetarians welcome. Family
Farm. En-suite bedrooms.
Established 1968
Approved by County Council
British Horse Society, WTRA
WTB Accredited Activity Centre

Cae Iago, Ffarmers, Llanwrda, Carmarthen SA19 8LZ. Tel: 01558 650303

Email: riding@caeiago.co.uk Website: www.horseridingholidaysgb.co.uk Open all year round



FOREST OF DEAN Gloucestershire.

20,000 acres of wonderful off-road riding. Treat yourself &
your horse to a memorable holiday with first class self-catering
accommodation & 5* equestrian facilities, including a gallop,
school and all weather canter track. A warm welcome awaits you!
Please contact John or Lucy Verity on 01594 541211
www.churchfarm.uk.net

RHEIDOL RIDING CENTRE

Established Centre Since 1991, Quality Horses, Experienced Qualified Instructors

Adult riding holidays - explore the Cambrian mountains in Mid Wales on well schooled
Welsh Cob X. Scenery and riding like you have never seen before. 3 days of exhilarating
riding through beautiful valleys with the mountains on one side and the Irish sea on
the other. Great accommodation and home cooking. Rides taken by Iola Evans B.H.S.I.I



Man v horse winner 2012. Lessons also available, XC
course, B.H.S approved, fully insured.



WWW.RHEIDOL-RIDING-CENTRE.CO.UK • 01970 880863



Adult Riding Holidays

www.wellington-riding.co.uk

Enjoy an Instructive riding course at
Wellington Riding. Bring your own
horse or ride one of ours. Stay in
a nearby hotel or B&B. All riding
levels are welcome. Private tailor-
made holidays can also be organised.
Dressage, cross country, show jumping
or general all round improvement.
Please see our website for more details.



Call: 01189 225 379 • Email: holidays@wellington-riding.co.uk
Wellington Riding, Heckfield, Hook, Hampshire, RG27 0LJ

OVERSEAS HOLIDAYS

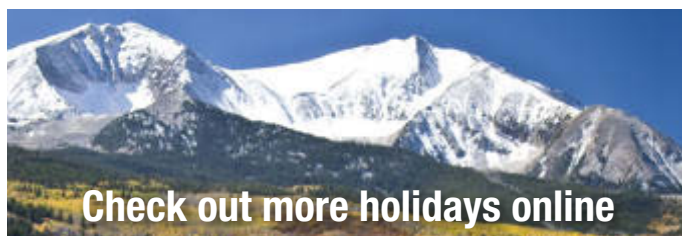
SUPERB riding holiday in Southern Andalucia ...

...on fit and well trained horses through
beautiful countryside. Small groups, private
apartments, swimming pool, home made
food, Spanish wines, horse displays and airport
transfers are all in addition to the fabulous riding.

A recommendable holiday for the capable
rider and horse lover.

Visit our website or call Giles & Miranda
on 0034 952 455010.

www.horseridingspain.com



Check out more holidays online

Ride Andalucia!



Unique, flexible, tailor
made riding holidays.

totally selected
SPORTS

www.riding-holidays-in-spain.com

TO ADVERTISE
PLEASE CALL VICKY
ON 01428 601048

visit: horseandrideruk.com



Why you should choose a BHS Approved Riding School

- the quality of the **facilities** used for teaching
- the **suitability** of the horses/ponies
- the quality (and **qualifications**) of the teaching staff
- the **safety** procedures related to the clients

Fulfilling your passion for horses

For full details about BHS Approved Riding Establishments visit www.bhs.org.uk or call 02476 840509



CORNWALL

T.M. INTERNATIONAL SCHOOL OF HORSEMANSHIP

Sunrising Riding Centre, Henwood, Liskeard, Cornwall, PL14 5BP.

Tel: (01579) 362895

Website: tminternational.co.uk

E: enquiries@tminternational.co.uk

Instructional riding holidays.

Unaccompanied teenagers welcome.

A BHS Approved Training Centre.

HAMPSHIRE

WELLINGTON RIDING (CONTINUED)

Brochure Hotline: (0118) 932 6480
Website:

www.wellington-riding.co.uk

For every standard of rider from beginner to advanced. Junior & adult holiday courses, Shows & Events, every facility. BHS & ABRS Approved. Careers training available.

DERBYSHIRE

DERBY COLLEGE EQUESTRIAN CENTRE

Broomfield Hall, Morley

Derbyshire, DE7 6DN

Tel: 07980 891295

Email: stephanie.meadows@derby-college.ac.uk

Website: www.derby-college.ac.uk/equestrian-centre

Full, evening and weekend courses including riding & BHS Stage 1 & 2 preparation. Regular unaffiliated dressage, show jumping and professional training from elite trainers all in our new 65 x 30m Indoor Arena. All facilities available for hire. Like us on Facebook for info of all events and activities [facebook.com/DerbyCollegeEquestrianCentre](https://www.facebook.com/DerbyCollegeEquestrianCentre)

HAMPSHIRE

WELLINGTON RIDING (BHS, ABRS)

Basingstoke Road, Heckfield, Hook, RG27 0LJ.

Tel: (0118) 932 6308

LINCOLNSHIRE

WILLOW FARM RIDING CENTRE

Thorpe Fendykes, Skegness, PE24 4QH

Tel: (01754) 830316

W: www.willowfarmholidays.co.uk
Family run ABRS Approved Riding School, Riding Holidays, and Pony Club with BHS Approved Livery. Clubmark Accredited.

LONDON

HYDE PARK STABLES (BHS, ABRS)

63 Bathurst Mews, London, W2 2SB.

Tel: 0207 723 2813

Contact: Manager - Maja Kay
Assistant Manager - Daniel Duarte.
Snr. Instructor - Hannah Walters
BHS AI

- *Group & Private Riding on bridleways in Hyde Park, including Rotten Row.*
- *Intensive Courses.*
- *Lessons in Outdoor School.*
- *Children from 5 Years.*
- *Pony Club Centre.*

LONDON

HYDE PARK STABLES (CONTINUED)

- *Pony Camps Everyday.*
- *Riding Wear Shop.*
- *Jumping For Pony Club Members.*

Email: info@hydeparkstables.com

Website: www.hydeparkstables.com

ROSS NYE STABLES HYDE PARK (BHS)

8 Bathurst Mews, W2 2SB.

Tel: (020) 7262 3791

Web: www.rossnyestables.co.uk

- *Official Branch of the Pony Club*
 - *Lessons and hacking in Hyde Park*
 - *Excellent tracks and outdoor arenas*
 - *Jumping for Pony Club members*
 - *Stable management taught*
 - *Stables established in 1965*
 - *Ross Nye - BHS Award of Merit*
 - *Pony club cubitt award*
- We welcome riders from all round the world!*

SUFFOLK

WITHERSFIELD HALL SCHOOL OF EQUITATION

Withersfield, Haverhill, Suffolk CB9 7RY

Tel: (01440) 702146

Tuition for all ages and abilities. Excellent hacking. Children's "own a pony" days. Pony Club Centre. Training for BHS exams. All types of livery provided.

SURREY

BEECHWOOD RIDING SCHOOL

Hillboxes Farm, Marden Park, Woldingham, CR3 7JD.

Tel: (01883) 342266

ABRS & BHS Approved.

Email: horses@btconnect.com

www.beechwoodridingschool.co.uk

ORCHARD COTTAGE RIDING STABLES (BHS, ABRS)

Babylon Lane, Lower Kingswood, Tadworth, KT20 6XA.

Tel: (01737) 241311

Email: riding@ocrs.co.uk

Website: www.ocrs.co.uk

BHS & ABRS Approved



Horse&Rider magazine's affiliations

- Supporter of equine charities, including World Horse Welfare, The Brooke Hospital for Animals and The Donkey Sanctuary.
- Associate member of the British Equestrian Trade Association and Professional Publishers Association.



Product prices

Please note that prices and availability of products featured editorially were checked at the time of going to press. *Horse&Rider* cannot guarantee that items will be in stock or that prices will not have changed when the magazine is published. If you have any enquiries regarding specific products or sizing, we suggest you contact the relevant company directly. Some shops may carry a selection only.

Rules of entry

For all *Horse&Rider* competition terms and conditions, please visit:
horseandrideruk.com/terms_conds.htm

✂ cut out and send

Horse & Rider COMPETITIONS SPRING 2015

Please complete the answers and tie-breakers for the competitions and 'Perfect prizes!' on the form below.

Send your entry to: **Spring Comps, Horse&Rider, D J Murphy (Publishers) Ltd, Marlborough House, Headley Road, Grayshott, Surrey GU26 6LG – entries sent to any other address won't be valid.**

Entries must be received by **31 March 2015**, unless otherwise stated. For full terms and conditions, visit horseandrideruk.com/terms_conds.htm. To enter online, please visit horseandridercompetitions.co.uk

Page 40 Win Ariat Challenge Paddock boots

With your consent, D J Murphy (Publishers) Ltd may pass your details on to the prize provider of this competition, Ariat, so that they can keep you up to date with news and offers. Please tick here if you are happy for us to pass your details on ☐

Tick which you'd prefer ☐ Dress boot ☐ Zip boot

Colour ☐ Chocolate ☐ Black ☐ Cognac (zip boot only)

Size

Answer

Tie-breaker (max 50 words)

.....

Page 134 Perfect prizes! (Tick which you'd like to win)

- ☐ **AHSPR/15 Certificate in Natural Wellbeing for People and Animals course and a pair of Bioflow brushing boots**
 Boot size (Small or large)

With your consent, D J Murphy (Publishers) Ltd may pass your details on to the prize provider of this competition, Essentials for Equilibrium, so that they can keep you up to date with news and offers. Please tick here if you are happy for us to pass your details on ☐

- ☐ **KBSPR/15 KBF99 dandy brush and curry comb**

With your consent, D J Murphy (Publishers) Ltd may pass your details on to the prize provider of this competition, KBF99, so that they can keep you up to date with news and offers. Please tick here if you are happy for us to pass your details on ☐

If you would like to subscribe to

Horse & Rider

Phone ☎ 01795 412893

Email horseandrider@servicehelpline.co.uk

Online horseandrideruk.com

Post *Horse&Rider* Subscriptions, FREEPOST RSHK-TULJ-ABJR, Subscriptions, Sittingbourne, Kent ME9 8GU.

Annual subscriptions: UK £51.87, Europe £77.48,

Rest of World £86.47 UK sterling.

BACK ISSUES Single copy UK £5.73, Europe £6.99, ROW £7.62

Origination Suburbia Design, Llangollen

Printing William Gibbons

Distribution Marketforce, London SE1

Articles, photos and drawings welcomed but we cannot be liable for their safe return – enclose an SAE. Every effort is made to ensure that the information and advice contained in these articles is correct and appropriate, but no responsibility for loss or damage occasioned to any person acting or refraining from action in reliance on or as a result of anything included in or omitted from such articles can be or is accepted by the authors, the publishers, their employees or any other person connected with D J Murphy (Publishers) Ltd. Save as expressly permitted by law, no part of this publication may be reproduced or transmitted in any form or by any means without the prior written authority of D J Murphy (Publishers) Ltd.

Copyright D J Murphy (Publishers) Ltd

Horse&Rider D J Murphy (Publishers) Ltd, Marlborough House, Headley Road, Grayshott, Surrey GU26 6LG

☎ 01428 601020, fax 01428 601030, email djm@djmurphy.co.uk

- ☐ **HHSPR/15 Hiho Silver bespoke pearl and sterling silver snaffle bracelet**

With your consent, D J Murphy (Publishers) Ltd may pass your details on to the prize provider of this competition, Hiho Silver, so that they can keep you up to date with news and offers. Please tick here if you are happy for us to pass your details on ☐

- ☐ **HBSPR/15 Hay Bar**

Size (Pony or horse)
 With your consent, D J Murphy (Publishers) Ltd may pass your details on to the prize provider of this competition, Hay Bar, so that they can keep you up to date with news and offers. Please tick here if you are happy for us to pass your details on ☐

- ☐ **KBSPR/15 Equine America Cortaflex HA SuperFenn**

With your consent, D J Murphy (Publishers) Ltd may pass your details on to the prize provider of this competition, Equine America, so that they can keep you up to date with news and offers. Please tick here if you are happy for us to pass your details on ☐

- ☐ **BHSPR/15 Balanced Horse Feeds Show Mix**

With your consent, D J Murphy (Publishers) Ltd may pass your details on to the prize provider of this competition, Balanced Horse Feeds, so that they can keep you up to date with news and offers. Please tick here if you are happy for us to pass your details on ☐

Question The KBF99 additive is effective for a minimum of how many years?

Tie-breaker What's your greatest horsey achievement? (max 50 words)

Your details Title (Mr/Mrs/Miss/Ms)

Name

Address

.....

Postcode..... Country.....

Date of birth Daytime tel no.....

Email

By entering these competitions, you agree to receive emails from D J Murphy, publishers of *Horse&Rider*, including our monthly e-newsletter and carefully-selected offers from companies whose products we think may be of interest. You can opt out of receiving these emails at any time by clicking the unsubscribe button.

Don't miss next month's **Horse&Rider**

Ask your
newsagent
to save
Horse&Rider
for you, so you
**DON'T MISS
AN ISSUE!**

TRAIN WITH THE DAVISONs

Part 1: flatwork

HOW TO

TRAIN YOUR DOG
AND HORSE TO
HACK TOGETHER

ON TEST
REINS FOR EVERY
OCCASION

UNDERSTANDING
LAMINITIS

ARENA CROSS-
COUNTRY

with Izzy Taylor

PERFECT MANES

PLAIT LIKE A PRO WITH LYNN RUSSELL

April **Horse&Rider** on sale 12 March



If you can't always find a copy of this magazine, help is at hand! Complete this form and hand it in at your local shop – they'll arrange for a copy of each issue to be reserved for you. Some shops may even be able to arrange for it to be delivered to your home. Just ask!

Available from all good newsagents and retailers including Tesco, WHSmith, Sainsbury's, ASDA, Morrisons and Martin McColl, or buy the latest issue online (with free UK p&p) at horseandrideruk.com/shop

Please reserve/deliver my copy of **Horse&Rider**
on a regular basis, starting with issue.....

Title and first name.....

Surname.....

Address.....

.....

Postcode.....

If you don't want to miss an issue

**Just
ask!**

Outstanding Results

**Special
Offer Price**
£29.50*
(normal
RRP £33.50)

Twenty three-year-old
Ruben, owned by Samantha
Warnakulasuriya.

Photography by kind
permission of Neal Rylatt
www.nealrylattphotography.com

*At participating retailers throughout
February and March whilst stocks last.

"This is Ruben, my 23-year-old Welsh Cob/TB cross, who gets TopSpec Senior Feed Balancer. He was given to me as a 'happy hack' by a very good friend, who retired him from his career as a hunter, last year. Although he's 23 he still thinks he's a youngster and loves nothing better than charging around the North Yorkshire Moors and National Forest. I like to think he also looks younger than his age and as you can probably tell....he loves the camera! I started giving him TopSpec Senior Feed Balancer on the recommendation of Carol Lorinson who works at Thompson Feeds in Murton, North Yorkshire, and I think he is doing very well on it. Hopefully you think he looks as well as I do!"

Samantha Warnakulasuriya

**TopSpec Senior
Feed Balancer**
is designed for
elderly horses
that need more
condition. It
combines the
benefits of a feed
balancer tailored to
the needs of elderly
horses, with a joint
supplement.



**Multiple Award Winner for
'Excellence in Nutritional
Advice and Customer
Service'**

TopSpec®

CREATED WITHOUT COMPROMISE
by experienced equine nutritionists

**Tel: 01845 565 030 or
(062) 85401 (Ireland)
www.topspec.com**

